



NUI Galway
OÉ Gaillimh



HPRC

Health Promotion Research Centre

Health Promotion Research Centre Research Activities 2018





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OÉ Gaillimh

Health Promotion Research Centre Research Activities

January to December 2018

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Welcome



HPRC NUIG @HPRC_NUIG · Jun 7

Stretching the legs on a sunny riverside walk after lunch! #hprc2018 @nuigalway
#HealthPromotion #StrengtheningTheCircle #Galway



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The Health Promotion Research centre was a hub of activity in 2018. A number of research projects were completed, culminating in several report launches, which were well covered in the national media. These included the Irish Workplace Behaviour Study, the Weaning on the Island of Ireland study and the revised Mind-Out Programme for Schools and the Youth Sector. Throughout the year, staff at the centre were busy applying for new grants and the largest award, the four year Health Behaviour in School-aged Children study, funded by the Department of Health, entered its data collection phase. These projects, and the others described in this report, meet the needs of communities, populations, service providers and academic scholarship and span both local, national and international interests. The collaborative and increasingly participative work of the centre was evident in our annual conference chaired this year by Dr Catherine-Anne Field and Dr Martin Power, in which health promotion practitioners, researchers and policymakers came together to discuss the conference theme *Participation and Empowerment for Health Service Users*.

In 2018 we revised our strategic priorities for a two year period, this will bring us in line with the University's new strategy, to be launched 2020. This revision led us to brainstorm and critically reflect on what the HPRC is and should be. Our main priority remains innovative health promotion research of national and international significance, achievable through strategic partnerships across various sectors. Another important priority is advancing a model for Knowledge Translation for health promotion that will enhance evidence-informed healthy public policy and practice. We will develop these priorities over the next two years.

This year we also expanded the seminar series by partnering with our colleagues in the Health Behaviour Change Research Group and the HRB Primary Care Clinical Trials Network Ireland to offer a joint 'Population Health Seminar Series', which has proved to be very popular and is open to all.

As part of our designed World Health Organization (WHO) Collaborating Centre for Health Promotion Research, we have been working on projects related to health literate organisations and schools, effectiveness of mental health and wellbeing interventions for youth, healthy cities and the sustainable development goals, and contributing to developing the next European Child and Adolescent Health Strategy.

Our collaborating centre status, our focus on partnership and applied research as well as the dynamic and vibrancy of the HPRC attracts many students and scholars.

Despite being Director of the Centre for only one year, I have learnt many things, not least that the Centre's success is based on each and every staff member playing a valued role. Prominent to our success is Dr Viv Batt who is our Administrative Director. I look forward to 2019 where we will continue to work together on many new projects and collaborations to advance health promotion research, practice and policy.

Dr Colette Kelly
Director, 2018, Health Promotion Research Centre



Staff Details




HPRC NUIG @HPRC_NUIG · Aug 22

Our own @kathyafox @L_Burke2 @KoltoAndras presented #YOLO, a symposium on #youthculture & #adolescenthealth at @ehps2018, facilitated by @ColetteNUIG and our distinguished @HBSCStudy friend Professor Adriana Baban of @UnivBabesBolyai. #ehps2018 #bigyellowthing #youonlyliveonce









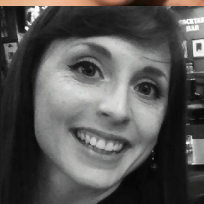


Kathy Ann Fox, Lorraine Burke, András Költő and 2 others





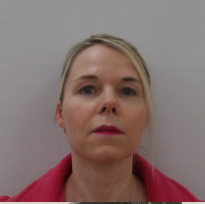



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WHO Collaborating Centre for Health Promotion Research



HPRC NUIG @HPRC_NUIG · Oct 12

Interview between Margaret Barry @HPRC_NUIG Professor of Health Promotion & Public Health @nuigalway & WHO Regional Office for Health @WHO_Europe
World Mental Health Day - a discussion on what really needs to be done to improve adolescent mental health bit.ly/2IQGrGz

Interview with Margaret Barry, Professor of Health Promotion and Public Health at the National University of Ireland Galway



Putting mental health at the centre – focusing on adolescents in a changing world

Margaret Barry is Professor of Health Promotion and Public Health at the National University of Ireland Galway. She recently co-authored an evidence review of the effectiveness of mental health promotion interventions for young people, commissioned by WHO/Europe. In this interview, we discuss what really needs to be done to improve adolescent mental health.

The theme for World Mental Health Day 2018 is “Young people and mental health in a changing world”. Why is this theme both important and relevant now?



WHO

NUI Galway and WHO/Europe



The Health Promotion Research Centre (HPRC) at NUI Galway has been designated as a World Health Organization (WHO) Collaborating Centre for Health Promotion Research since 2009. Our aim for the present four year term (2017-2021) is to support the WHO work programme in developing health promotion capacity through the translation of health promotion research into policy and practice.

Our terms of reference are:

1. *To support the WHO in implementing the Shanghai Declaration (WHO, 2016) through providing technical support on evidence-informed health promotion actions to achieve the Sustainable Development Goals (SDGs) (UN, 2015).*

This constitutes the following activities during 2018:

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

During 2017/18 HPRC staff, in collaboration with the Programme Manager for Mental Health at the WHO Regional Office for Europe, undertook a review of the evidence on the effectiveness of youth (10-19 years) mental health promotion and prevention programmes, implemented in the school, community and digital settings in the WHO European Region. This review paid particular attention to the implementation requirements of the most effective interventions – the who, what, where and how interventions are implemented (see pg 22 for a detailed description).

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

HPRC preparatory work for the development of a case study commenced in 2017/18. Exploration of the case study approach to be used has been undertaken with a research design informed by Yin (2014) and Merriam (1998; 2009) drawing on Systems Theory. To reflect the complexity of the hospital environment and to foster coherent alignment of research activities multiple embedded cases comprising processes (eg. development of written patient material, patient discharge process) and hospital organization structures, such as units (eg. podiatry clinic) provide the research framework to investigate effective ways of developing health literate organizations. In collaboration with the Health Service Executive, a Health Literacy Committee was established to progress the implementation of a health literacy policy in regional healthcare settings. A health literacy policy was ratified in June 2017 and a programme of participatory workshops, employing health literacy resource tools, were implemented. Other activities to date included; co-ordinating the roll out of plain English Training for hospital staff, the revision of outpatient letters with improvements in clarity and accessibility, and the development of a user-friendly map of the hospital campus for patients and visitors.

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

In support of the WHO Headquarters work programme, HPRC staff participated in the first meeting of the WHO International Technical Advisory Group in Berlin (11-12th December 2017) and provided input and feedback on the meeting report. This report proposed strategic direction to support WHO's commitment to the SDGs, building on the priorities outlined in the WHO 13th General Programme of Work (2019-2023).

In support of the work programme, collaborative partnerships with the WHO Healthy Cities and Communities programme and national frameworks are being established to inform and improve structural and contextual factors of urban life and active living.

Related outputs have included:

McKenna, V. B., Byrne, N., & Sixsmith, J. (2018). Development of a participatory workshop to build staff capacity towards a sustainable health literate hospital environment. Poster presented at the *5th UK Health Literacy Conference*, Belfast, Northern Ireland, 16 February, 2018.

Byrne, N., Kilkelly, G., Geoghegan, J., McKenna, V. B., Sixsmith, J. (2018) Improving Galway Univeristy Hospitals Health Literacy. [Poster Presentation], *22nd Annual Health Promotion Conference: Participation and empowerment for health service users: Strengthening the circle*, NUI Galway, Ireland , 07 June 2018.

McKenna V, Sixsmith, J. & Byrne, N. (2018) Development of a participatory workshop to build staff capacity towards a sustainable health literate environment. [Oral Presentation], *22nd Annual Health Promotion Conference: Participation and empowerment for health services: Strengthening the circle*, NUI Galway, Ireland , 07 June 2018.

2. *To support the WHO Europe Regional Office implementation of 'Investing in Children: Child and Adolescent Health Strategy 2015-2020'.*

Working in collaboration with the WHO Regional Office for Europe, a case study on the participation of children and adolescents in setting the research agenda in the Health Behaviour in School Children (HBSC) study has been under production throughout 2018. It includes a rationale and outline of participation processes, specific examples of participation activities, methods and resulting data collected and analyses based on the participation activities and a section on the next steps. The case study was submitted to WHO in October 2018.

In collaboration with WHO Headquarters, a review on developing health literacy in schools focusing on NCD prevention using a lifeskills approach, was completed in August 2018 and is currently under peer review. A teachers' guidebook to accompany the review is was also produced and submitted in December 2018.

Related outputs have included:

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

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

Kavanagh, A., Daniels, N., Burke, L., Kelly, C., Kolto, A., & Nic Gabhainn, S. (2018). Participation of young people in a national research project: Identifying new priorities for the Health Behaviour in School-aged Children study Ireland.

Kuosmanen, T., Clarke, A. M., & Barry, M. M. (in press). Promoting adolescents' mental health and wellbeing: evidence synthesis. *Journal of Public Mental Health*, Special issue: 'With children in mind: current research and policy developments on mental health and young people'.

Hussein, Y., Nic Gabhainn, S., Kelly, C., & Barry, M. M (2018). Life Skills Education for Enhancing Health Literacy: Enabling Schools to Prevent Non-Communicable Diseases (NCDS), (under review).

Related networking activities:

There have been various additional interactions and collaborations with other WHO Collaborating Centres in the context of the implementation of the agreed activities which are listed below:

- WHO Technical Advisory Group on Health Promotion Advancement of the Sustainable Development Goals, Berlin 2017.

Dr Lavelle participated in the first of these meetings and contributed to the WHO report produced from this assembly.

Dr Lavelle also contributed as technical advisor and a committee member on various Healthy Cities and Community working groups and committees.

- WHO HQ MSD Mental Health & Substance Abuse - Helping Adolescents Thrive (HAT) project, Geneva, December 2017.

Professor Barry participated in this meeting on developing an adolescent mental health promotion and prevention package.

A presentation on the findings from the evidence review completed for WHO Europe was made with input on how the findings could inform the Helping Adolescents Thrive (HAT) initiative.

Professor Barry also contributed to the protocol development for the systematic review and meta-analysis for the WHO's Helping Adolescents Thrive project.

- Meeting of WHO Collaborating Centres in Europe on child and adolescent health, Edinburgh, March 2018.

Dr Kelly and Prof Nic Gabhainn attended this meeting and presented on our WHO CC activities.

- WHO Collaborating Centre for Mental Health Promotion, Prevention and Policy, National Institute for Health and Welfare, Finland.

Professor Barry continues in her role as a member of the Steering Group.

Research Project Descriptions

The range of research undertaken by the Centre during 2018 is described in the following project descriptions.



HPRC NUIG @HPRC_NUIG · Oct 1

The MindOut programme has been developed to support the social & emotional wellbeing of young people 15-18 yrs in post-primary schools & youth sector. It aims to give teenagers time & space to identify the things that impact on their mental health. nuigalway.ie/hpr/news



Katherine Dowling and Catherine Byrne TD

9 18

Accreditation Model for Workplace Health Promotion: A Scoping Study

Principal Investigator: Dr Margaret Hodgins
Researcher: Ms Leonie Sherlock
Funder: Department of Health

Developing and implementing a Healthy Workplaces Framework is a key element of both the Department of Health Strategy 2016-2019, and the Healthy Ireland agenda. As part of the strategic objective to 'support people to lead healthy and independent lives', the framework addresses the protection of workers from occupational illnesses and injuries and the promotion of their health and well-being in the daily conduct of their work. There is a strong ethical and economic case for addressing health and illness in the workplace setting. With over 2 million people in employment in Ireland in 2018, the majority of whom have dependent family members, promoting the health, safety and well-being of workers is important for wider society, as well as for employer organisations and for individuals. Having good, positive work creates good, positive physical and mental health for workers, families and members of the wider community.

Employers, in order to protect their employees from injury and illness are expected to ensure strict adherence to health and safety legislation and to put in place preventative controls and risk assessment protocols. Most working days lost are due to illness rather than injury and most of these are due to musculoskeletal disorders, and stress, depression and anxiety. Illness therefore offers a particular challenge to workplaces and requires employers to go beyond the statutory imperative of putting in place specific risk assessments and protections, and to consider ways of integrating wellness into workplace policies. This requires working in a collaborative way with employees to create a working environment that promotes health for all, and addressing the impact of the workplaces' practices in the wider community.

Health promotion advocates comprehensive multi-level interventions, which include structural or policy level actions, work unit or group actions and actions that support individual behaviour change. Wellness charters and accreditation awards or schemes are good examples of multi-level interventions, as they permit organisations to address both specific and organisational issues, and facilitate collaboration, integration of health-related functions within an organisation and management buy-in for the support and promotion of health and well-being.

A small number of charters or award-based initiatives have already been developed in the Irish context, although most are specific to particular behaviours or issues (for example: Healthy Eating, Alcohol Use and Substance Misuse). This project, commissioned by the Department of Health in collaboration with the Department of Business, Enterprise and Innovation aimed to scope a national accreditation model for Ireland, which will embrace both physical and mental health goals and addresses common risk factors at the level of the system, or the organisation.

The project describes statutory models of accreditation for healthy workplaces in Ireland, Scotland and New Zealand (e.g. English speaking) countries, and aimed to review the literature pertaining to the implementation and the efficacy of models of accreditation in workplaces. Very little literature has been published evaluating models of accreditation, however the project interviewed a number of informed practitioners to identify critical success factors. Recommendations are made for a robust model within the Healthy Workplaces Framework. Recommendations include a structure incorporating a national lead and advisors, external assessors, and a programme that builds from bronze, to silver to gold award. A process based on best known practice is also outlined in the final Project Report.

Dissemination

Sherlock, L. & Hodgins, M. (2018). *Proposal for the Development of an Accreditation Model for Healthy Workplaces*, report submitted to Department of Health.

Bridging the Care Gap: Evaluation of Galway Hospice Palliative Day Care Services

Principal Investigators: Dr Catherine Anne Field and Dr Geraldine McDarby

Collaborators: Galway Hospice, Sora Abdul Fatta (NUI Galway Student Researcher)

Funder: Galway Hospice Foundation

Background

Palliative care services (PDC) provide individual, patient centred and holistic care acting on domains including but not restricted to medical models of care. PDC includes social support by providing patients with a supportive and rehabilitative environments; it also allows patients to stay in their home and close to their families. There is currently no accepted model of service provision in PDC leading to a wide variety of approaches, ranging from purely medical to purely social as well as significant variation in terms of services available and technical aspects of delivery including prolonged versus brief intensive access. Conducting research in a palliative care setting presents evaluative challenges within conventional frameworks due to the multidimensional aspects of care and potential outcomes that are difficult to measure and evaluate, as a result there is a paucity of structured research in palliative care and a lack of patient input into service delivery.

Aim and Objectives

The aim of this study is to evaluate a palliative day care service from the viewpoint of both patients and healthcare providers, using their experiences and views to determine the evaluative framework.

Objectives are:

- to develop an evaluative framework for a palliative day care service using semi structured interviews to elicit experiences and preferences for care among day care patients and staff.
- to apply the evaluative framework developed above within a discrete choice experiment model to determine the qualities of the day care service valued by patients and providers.

Methodology

In 2017-2018 a team of researchers from NUI Galway conducted an evaluation of the Daycare Service at Galway Hospice. The research was conducted at the request of Galway Hospice and formed part of a student work placement and research project. The evaluation was a mixed methods study that used a qualitative approach to define the framework for evaluating palliative day care services from both the patient and provider perspective. This framework was then utilised in a Discrete Choice Experiment (DCE) to develop a model to allow determination of the elements of the service valued by patients. Given the size of the population available in Galway Hospice, the DCE represented a pilot to develop an appropriate model to be validated within a larger population.

Findings

The qualitative portion of the study identified multiple attributes that were collapsed into six attributes to reduce cognitive burden: social atmosphere, transport, therapies, treatment, medical input and lunch. Of the six attributes examined, four were statistically significant in the model, meaning they influenced decision making: transport, therapies, treatments and medical input. The DCE highlighted the importance of the medical model to patients attending PDC.

Dissemination

Field, C.A., & McDarby, G. (2018). *Bridging the Care Gap: Palliative Day Care Services: Evaluation of Galway Hospice Palliative Day Care Services*. A report produced by the Health Promotion Research Centre, National University of Ireland Galway.

Field, C.A., & McDarby, G. (2018). *Bridging the Care Gap: Palliative Day Care Services*. Oral presentation of evaluation findings at Galway Hospice, 18 September, 2018.

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

Principal Investigators: Professor Saoirse Nic Gabhainn, Dr Colette Kelly and Professor Margaret Barry
Researchers: Dr Yomna Hussein, Ms Aisling Harrington, Dr Ursula Kenny
Funder: Health Promotion Unit, World Health Organization HQ, Switzerland

Aim and Objectives

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

Methods

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

Results

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

Dissemination

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

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

Knowledge Translation

This project will support the WHO Health Promotion Unit in developing a teachers' workbook for use in schools, especially in low and middle-income countries, to enable children's health literacy concerning the prevention of NCDs through the reduction of key modifiable behavioural risk factors. The translation phase will follow the finalisation of the commissioned reports.

Evaluation of Galway City Strategy to Prevent and Reduce Alcohol Related Harm

Principal Investigators: Dr Catherine Anne Field and Professor Saoirse Nic Gabhainn

Researcher: Ms Kirsty Doyle

Funder: Health Service Executive



Galway City Strategy to Prevent and
Reduce Alcohol-Related Harm 2013 -2017

Aim and Objectives

In 2013 Galway was the first city in Ireland to develop a strategy to prevent and reduce alcohol related harm. The strategy was developed by Galway Healthy Cities Alcohol Forum (GHCAF) in collaboration with a wide range of organisations and community groups and included a year long consultation process. The strategy takes a community action approach, informed by research on effective approaches to tackling alcohol-related harm, with four areas of action: prevention; supply, access and availability; screening, treatment and support services; and research, monitoring and evaluation.

One of the goals outlined in the Galway City Alcohol Strategy is to monitor and evaluate the progress and impact of the strategy. Towards meeting this goal, the current evaluation was commissioned and the agreed aims and objectives were to:

- examine the role of stakeholders in the implementation of the alcohol strategy
- examine and appraise the structures, practices and procedures adopted and compare these with best practice examples
- determine what goals and strategic actions have been achieved
- identify the barriers and enablers to the implementation of the alcohol strategy
- make recommendations that will strengthen achievements and support the development of the strategy going forward.

Methods

The evaluation consisted of an initial desk study followed by a stakeholder study. The desk study examined existing literature for evidence on topics relevant to the evaluation and a documentary analysis of all relevant Galway Healthy Cities Alcohol Strategy documents. From these the relevant stakeholders were identified and the interview schedule and questionnaire to be employed was developed. Data were collected from 42 stakeholders and have been analysed. The final report was presented to the Galway City Alcohol Forum in March 2018.

Findings

A high level of engagement and collaboration in the alcohol strategy was reported, though some indicated a lack of clarity around their role. Issues around governance, practice and procedures were well thought out and regularly reviewed; while the leadership of the HSE Health Promotion and Improvement, the Western Region Drug and Alcohol Task Force and Galway Roscommon Education and Training Board was crucial. There were many examples of good practice including the evidence based approach and partnership development. Challenges included the lack of baseline data, poor service availability and the need for clarity on future structures.

Dissemination

Doyle, K., Field, C.A., & Nic Gabhainn, S. (2018). *Galway city strategy to prevent and reduce alcohol related harm (2013-2017): Evaluation*. Galway: Health Promotion Research Centre, NUI Galway.



Field, C.A., & Nic Gabhainn, S. (2018). Galway City Strategy to Prevent and Reduce Alcohol Related Harm : Evaluation. Presentation at *World Health Organization International Healthy Cities Conference Belfast*, October 2018

Evaluation of the MindOut Programme in Post-Primary Schools

Principal Investigator: Professor Margaret Barry

Researcher: Ms Katherine Dowling

Funder: Health Service Executive & Irish Research Council PhD Scholarship

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

Aims and Objectives

The aims of the evaluation study were to:

- determine if the programme has significant effects on young peoples' social and emotional skills development, academic performance, mental health and wellbeing
- examine the process of implementation in order to determine the conditions that need to be created to achieve successful outcomes in the school setting.

Methods

Employing a cluster randomised controlled trial design, a total of 32 DEIS schools were randomly allocated into either the intervention (receiving MindOut) or control (no-intervention) group. Data were collected from students prior to programme delivery (N=675), immediately following implementation (N=497) and at 12-months follow-up (N=429). Students' outcomes were assessed in relation to their social and emotional wellbeing, academic outcomes and mental health and wellbeing and data were compared between the two groups over time.



Results

The main findings are:

- Students in this study, who were identified as disadvantaged, reported less favourable mental health and wellbeing outcomes at baseline when compared to the general population of adolescents as reported in large-scale national and international studies, suggesting that these students demonstrate an increased need to engage with school-based interventions such as MindOut.
- Following programme implementation at post-intervention, significant improvements were found for students who participated in the MindOut programme compared to those who did not. These improvements related to their social and emotional skills, with reduced suppression of emotions and the use of more positive coping strategies (reduced avoidance coping and increased social support coping). Students who received the MindOut programme were also found to have improved mental health, reporting reduced levels of stress and depression at post-intervention, and female students also reported significantly reduced levels of anxiety.
- At 12-months follow-up, improvements in intervention students' coping skills (both 'social support' and 'avoidance' coping) were sustained. While reduced levels of depression and stress were not sustained, significant improvements in the intervention students' reported levels of mental wellbeing were evident.
- At post-intervention, students in the intervention group demonstrated improvements in self-reported academic outcomes in both 'Maths' and 'English'. However, these outcomes were not sustained at 12-month follow-up and teacher-reported data on students' academic outcomes did not reflect these same improvements.
- Teachers and students reported a very positive experience of the programme, which they found to be engaging, age-appropriate and culturally relevant. A majority of students (63.8%) rated their experience of the programme as good/very good and teachers rated the programme highly out of ten ($M=7.8$, $SD= .62$).
- Overall, the quality of implementation was high with 82% of schools reporting completion of the entire programme. Based on ratings by teachers, students and classroom observations by researchers, the majority of teachers implemented the programme to a high level of fidelity.

The revised MindOut programme was successfully implemented by teachers in DEIS post-primary schools and the programme was well received by both students and teachers alike. The evaluation findings support the implementation of the MindOut universal social and emotional learning programme with older adolescents (15-18 years) and demonstrate positive programme impacts on students' social and emotional wellbeing and mental health. A more detailed analysis of the findings is underway which will investigate the different levels of programme implementation across schools and how this impacted on students' outcomes.

Dissemination

Dowling, K., & Barry, M. M. (2018). *Executive Summary Report: An Evaluation of the MindOut Programme in Disadvantaged Post-Primary Schools*. Report developed for the Health Service Executive at the Health Promotion Research Centre, NUI Galway.

Dowling, K., Simpkin, A., & Barry, M. M. (2018). A cluster randomized-controlled trial of the MindOut social and emotional learning program for disadvantaged post-primary school students. *Journal of Youth and Adolescence* (accepted paper)

Dowling, K., Simpkin, A., & Barry, M. M. (May, 2018). Determining the effectiveness of a social emotional wellbeing programme delivered in disadvantaged post-primary schools in Ireland. Oral presentation at the *College of Medicine Nursing and Health Science Postgraduate Research Conference*, NUI Galway.

Dowling, K., Simpkin, A., & Barry, M. M. (August, 2018). Evaluating the implementation of a social emotional well-being programme in disadvantaged post-primary schools. Oral presentation at the *European Health Psychology Conference*, Galway, Ireland.



Knowledge Translation

The Minister for Education and Skills, Richard Bruton, T.D., and Minister of State for Health Promotion, Catherine Byrne T.D launched the revised MindOut programmes for schools and the youth sector in October 2018. Since then the programme has been rolled-out nationally and training in the programme is being provided by the HSE and the National Youth Health Programme (NYHP). Going forward, the Professional Development Service for Teachers will support the HSE in the facilitation of MindOut training for schools. This will complement, strengthen and align the structures supporting wellbeing across Departments and will be progressed as part of the *Wellbeing Policy Statement and Framework for Practice 2018*.

A Feasibility Study on the Implementation of MindOut in Youth Settings

Principal Investigator: Professor Margaret Barry

Researchers: Ms Kerry Ward, Ms Katherine Dowling

Funder: National Youth Council of Ireland and the Health Service Executive

Working in collaboration with the National Youth Council of Ireland (NYCI), and with support from the HSE, the MindOut programme for youth settings was re-developed in 2016. The programme materials were updated based on a consultation with youth workers and young people and a review of the international evidence on out-of-school social and emotional wellbeing programmes. Youth workers and young people from across the youth work setting were consulted on the desired content of the updated programme, including main topics to be covered, teaching strategies, timing and language.

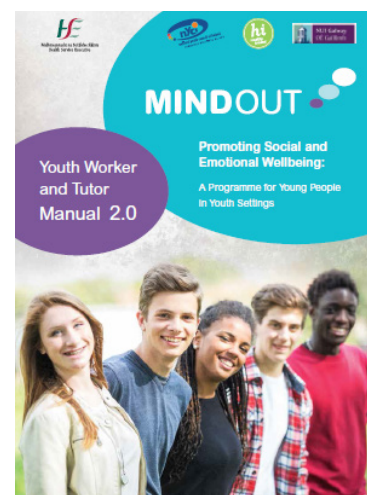
The revised MindOut is a skills-based social and emotional wellbeing resource for 15-18 year olds, designed to be delivered in a modular format within Youthreach and youth work settings. The revised MindOut programme incorporates the core competencies for social and emotional learning across 16 evidence-based sessions. It is not intended that all sessions be delivered as a whole programme. Instead, it is possible to 'mix and match' sessions to produce a programme that best meets the needs of the group. This flexibility ensures that MindOut is a useful resource for young people across a wide range of settings. Youth worker training is a pre-requisite for delivering the programme and youth workers/tutors are provided with a structured programme manual to aid in module selection and programme delivery.

Aims and Objectives

A feasibility study was undertaken in 2017 to examine the implementation of the revised MindOut programme, and its modular delivery, within youth sector settings in Ireland. The specific objectives of the feasibility study were to:

- assess the usability of the revised MindOut programme in terms of delivery in the youth sector
- examine and evaluate the process of delivery
- assess the combination of modules chosen and the selection process made by youth workers
- evaluate the attitudes of the young people and youth workers towards the context and structure.

In addition, as part of this study the potential efficacy of the MindOut programme on young people's social and emotional wellbeing skills development and mental health was evaluated.



Design/Methods

A feasibility study design was employed in order to determine whether the revised modular format could be implemented successfully within the diverse youth settings in Ireland. The sample employed for the study included seven intervention and seven control youth centres, spanning the diverse youth organisations and centres across the country. From these 14 centres, 111 young people (aged 14-23 years) participated in the study completing questionnaires at baseline, 70 of whom also completed questionnaires at the end of programme delivery. Youth workers in the intervention centres also participated in the study, completing weekly online questionnaires on the implementation of the programme modules. Interviews with the youth workers on their experience of implementing the programme were also undertaken at the end of programme delivery.

Findings

The findings indicate that the MindOut modular delivery format was well received by youth centre staff and the young people engaged positively with the revised programme and reported learning a number of key social and emotional skills. Overall, the youth workers who implemented the programme gave positive feedback on the use of the modular system in their youth centres and the resources provided were viewed positively. The responses of the young people towards the content and structure were also overwhelmingly positive. Most found the programme to be relevant (56%), helpful in dealing with situations (45%), interesting (64%) and the content easy to understand (70%). The group activities proved to be the most popular element of the programme with young people. Overall, the feasibility study provided very valuable information on the usability of MindOut in the youth sector setting and the findings were used to inform further refinements and changes to the MindOut 2.0 resource pack. Building on this initial study, further research is being undertaken to determine the potential impact of the modular programme on young people's social and emotional wellbeing and mental health.



Knowledge Translation

The revised MindOut programme for the youth sector was launched by the Minister for Education and Skills, Richard Bruton, T.D., and Minister of State for Health Promotion, Catherine Byrne T.D in October 2018. Since then the programme has been rolled-out nationally and training for those working in the youth sector is being provided by the National Youth Health Programme (NYHP), which is a partnership between the HSE, the Department of Children and Youth Affairs and the National Youth Council of Ireland (NYCI), representing organisations working with over 380,000 young people.

Dissemination

Dowling, K., Ryan, J., Ward, K., Sheridan, A.. & Barry, M. M. (2017). *MindOut Youth Worker and Tutor Manual 2.0 – Promoting Social and Emotional Wellbeing: A programme for young people in youth settings* (2nd Edition). Health Promotion Research Centre, National University of Ireland Galway, the Health Service Executive & the National Youth Council of Ireland.

Ward, K., Ryan, J.. & Barry, M. M. (2017). *A Feasibility Study Report on the Implementation of the Revised Mind Out programme in the Youth Sector in Ireland*. Produced by the Health Promotion Research Centre, National University of Ireland Galway.

Food Portion Sizes and the Proportion of Different Food Groups Eaten by Children on the Island of Ireland



Principal Investigator: Dr Janas Harrington (UCC)

Collaborators: Dr Colette Kelly (NUI Galway), Professor Jayne Woodside (QUB), Dr Michelle McKinley (QUB) Professor Patricia Kearney (UCC), Dr Karen Matvienko-Sikar (UCC), Professor Ivan Perry (UCC), Dr Eibhlís O'Connor (UL), Mr John James Collins (UL) and Ms Elaine Quinn (Galway Rural Development)

Funder: Safefood, the Food Safety Promotion Board

Childhood obesity is a priority public health challenge. Recent estimates show approximately 170 million children are overweight worldwide. Identification of modifiable risk factors for prevention is a crucial component of a multi-pronged public health strategy to address obesity.

Modifiable feeding behaviours associated with child weight status have been identified: large portion sizes and appropriate proportions from different food groups are likely contributing factors. Portion sizes have increased in recent decades, with greatest increases seen in foods consumed both at home and outside the home, e.g. in fast food establishments. Parents play an essential role in shaping children's eating habits and eating habits developed during childhood often track to adulthood. While evidence exists in relation to increasing portion sizes, little is known about the determinants of portion size choice, particularly in relation to parent's perceptions of child portion sizes.

Aims and Objectives

This study set out to:

1. review the evidence on parental portioning practices
2. to explore parental perceptions of child portion sizes.

Methods

For study 1, a mixed methods systematic design was used. Narrative synthesis of 14 quantitative studies found that portion sizes parents serve vary substantially and are influenced by amounts parents serve themselves, perceived child hunger and parent and child body size. Thematic synthesis of 14 qualitative studies found that parents serve the portion sizes they learn to be appropriate for their child to be fed.

For study 2, a qualitative study using focus groups with parents of children aged 2-12 years were conducted to provide an understanding of parental perceptions of child portion sizes. Parents were recruited through schools across Ireland from different geographical locations and varying levels of advantage/deprivation. Data were analysed thematically. A report has been prepared for Safefood and will be launched in 2019.

Findings

The research will enhance our understanding of the needs of parents and the challenges they face.

Knowledge Translation

Planning is underway to revisit schools interested in the study findings and to discuss food, nutrition and portion sizes. Safefood will also launch the report and plan their communication activities based on the study findings.

Dissemination

Kairey, L., Matvienko-Sikar, K., Kelly, C., McKinley, M. C., O'Connor, E. M., Kearney, P. M., Woodside, J. V., & Harrington, J. M. (2018). Plating up appropriate portion sizes for children: a systematic review of parental food and beverage portioning practices. *Obesity Review, Dec. 19(12):1667-1678*. doi: 10.1111/obr.12727. Epub 2018 Aug 29.

Kairey, L., Harrington, J. M., Matvienko-Sikar, K., Kelly, C., McKinley, M., O'Connor, E. M., Kearney, P. M., & Woodside, J. V. (2018). Serving up appropriate portion sizes for children: a mixed methods systematic review of parental portioning practices. *Downsizing for Portion Control*. January 2018, University of Leeds, United Kingdom.

Kairey, L., Matvienko-Sikar, K., Kelly, C., McKinley, M., O'Connor, E. M., Kearney, P. M., Woodside, J. V., & Harrington, J. M. (2018). Portion size in parents' eyes: a mixed methods systematic review of parental portioning practices for their children. *European Congress on Obesity*. May 2018, Vienna, Austria.

Kairey, L., Harrington, J. M., Matvienko-Sikar, K., Kelly, C., McKinley, M., O'Connor, E. M., Kearney, P. M., & Woodside, J. V. (2018). Parental food and beverage portioning practices? A systematic mixed methods review. *ISBNPA*. June 2018, Hong Kong.



Health Behaviour in School-aged Children, Ireland

Principal Investigators:	Professor Saoirse Nic Gabhainn and Dr Colette Kelly, with Dr Michal Molcho, Children's Studies, NUI Galway
Researchers:	Ms Lorraine Burke, Ms Aoife Gavin, Ms Aisling Harrington, Ms Aileen Kavanagh, Dr Ursula Kenny, Dr András Költő, Ms Leah Tyrrell and Ms Lorraine Walker
Funder:	Department of Health

Health Behaviour in School-aged Children (HBSC) is a cross-national research study conducted in collaboration with the WHO Regional Office for Europe. The HBSC study runs on an academic four-year cycle (www.hbsc.org). HBSC collects information on the key indicators of health, health attitudes and health behaviours, as well as the context of health for young people. The study was established in 1982. There has been a constant growth in the number of participating countries in the HBSC network: internationally, HBSC currently includes 49 countries from North America, Europe, and the post-Soviet region. Researchers from NUI Galway, with the leadership of Professor Saoirse Nic Gabhainn, joined the network in 1994, with the first data collection taking place in 1998. The 2018 survey was the sixth time that Ireland has been involved in this international collaborative study.

Aim and Objectives

Both national HBSC teams and the international research network aim to:

- gain new insight into young people's health and well-being
- understand the social determinants of health
- inform policy and practice to improve young people's lives

Design/Methods

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

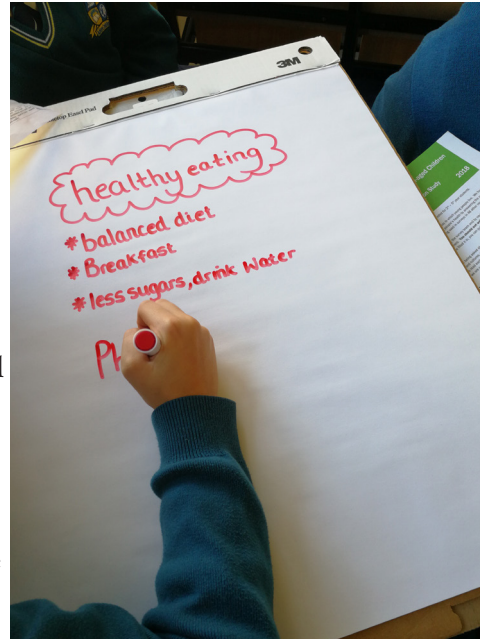


Public Patient Involvement

Young people actively participate in various stages of the HBSC research cycle, from formulating research and survey questions to prioritising topics for dissemination. In October 2018, four workshops were conducted with post-primary Transition Year students to discuss which topics should be prioritised for and subsequently included in the International report, on the 2018 HBSC findings.

HBSC Ireland in 2018

Last year, the main task for the HBSC Ireland Team was to prepare and conduct data collection for the 2018 study round. A sampling frame was established that reflects primary and post-primary schools across the Health Board Regions. Age-appropriate versions of the standardised questionnaire were prepared based on the international mandatory questions and optional items. In assembling the topics and the items of the questionnaire, the team conducted consultations with young people, teachers, parents' professional associations, healthcare service providers/professional boards and decision makers. Draft questionnaires were piloted in five schools (incl. primary and post-primary, in urban and rural settings), between March and April 2018. In summary, 363 pupils participated in the pilot phase. The methodology and the results of the pilot study can be found on the HBSC website, www.nuigalway.ie/hbsc. Between May and December, more than 15,000 students from 276 schools participated in the study.



Dissemination

Findings from the HBSC Ireland study were presented in several journal articles in 2018. Team members presented at numerous national and international conferences. Continued work on the Short Report series and provision of specific requested analyses from government and other areas within the HSE were also conducted. This year, findings of the 2018 pilot study and a full report on child participation in the HBSC survey were submitted to the WHO (Europe) Child and Adolescent Health team in Copenhagen. At an international level, WHO used data from the Irish HBSC study in two reports: one on [adolescent alcohol use](#) and the other on the [health and well-being of men in the WHO European Region](#). All outputs from HBSC Ireland can be found online at www.nuigalway.ie/hbsc.

Knowledge Translation

The HBSC Ireland Team is involved in several forms of knowledge translation, addressing various topics on adolescent health and for different audiences. HBSC Ireland operates a knowledge translation helpdesk to respond to data requests from health authorities, local governments and fellow researchers, to name a few. Usually, [short reports are provided](#) upon these requests. The [HPRC Twitter](#) page regularly features HBSC related contents. In addition, adolescent health trends in Ireland were presented on [RTÉ Brainstorm](#).



The screenshot shows the RTÉ Brainstorm website interface. At the top, there is a navigation bar with the RTÉ logo and links for News, Sport, Entertainment, Business, Lifestyle, Culture, Player, TV, Radio, and More. Below this is a teal bar with links for Brainstorm, About Brainstorm, and Contribute to Brainstorm. The main headline is "What have we learnt about children's health over 20 years?". Below the headline, it says "Updated / Monday, 26 Feb 2018 11:10" and there are social media sharing icons for Facebook, Twitter, LinkedIn, Email, and Print. The main image is a group of diverse school children standing in a line. Below the image, there is a quote: "Among the 42 countries participating in the 2014 study, Ireland was in the bottom third for both tobacco and alcohol use". The article is by **Andreas Kolto**, Health Promotion Research Centre, and is more from NUI Galway. The article text begins with a report: "Report: there has been a reduction in smoking, drinking and bullying since 1998 and an increase in fruit consumption, bonds with parents and feeling low". The text continues: "The Health Behaviour in School-aged Children (HBSC) is an international study conducted in more than 40 countries which examines young people's health. In each country, a statistically representative number of schoolchildren are invited to fill in a questionnaire, with questions covering various aspects of their health. These include health-promoting behaviours".

IMPACCT: Health Literacy Education

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

Lead Principal Investigator:	Professor Andrea de Winter, University Medical Centre, Groningen (UMCG), Netherlands.
Principal Investigators:	Dr Jane Sixsmith and Ms Verna McKenna
Research Assistant:	Ms Leonie Sherlock
Funder:	Erasmus +

Evidence consistently shows that limited health literacy is linked to poor health outcomes (Berkman et al., 2011). Health Literacy has been defined as “the degree to which people are able to access, understand, appraise and communicate information to engage with the demands of different health contexts in order to promote and maintain good health across the life-course” (Kwan, Frankish & Rootman, 2006). The European Health Literacy Survey (HLS-EU Consortium, 2012) found that 47% of the European population have low health literacy which compromises their health. Health professionals need communication skills and abilities to mitigate the increasing health literacy demands placed on patients/clients, particularly those with limited health literacy in the increasingly complex health care environment. IMproving PATient Centered Communication Competences: To build professional capacity regarding health literacy in medical and nursing education (IMPACCT) is a three year project lead by the University Medical Centre Groningen in the Netherlands, with partners from Belgium (EURASHE), Italy (ARS), Slovakia (UPJS) and Germany (Jacobs University).

Aim and Objectives

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



Objectives are to:

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

Units on the development of competencies of medical and nursing students, and adapt the HL-EP based on the results.

5. promote self-regulated and lifelong learning by the development and testing of a Massive Open Online Course (MOOC) using the results of the pilots.
6. describe quality standards and provide guidance for educational professionals in supporting sustainable change
7. actively disseminate the HL-EP using the Health Literacy Centre Europe (HLCE) and other channels.

Design / Methods

A dynamic process of development of the HL-EP through formative, process and outcome evaluation is being undertaken using mixed methods incorporating a core design component of co-creation with stakeholders at all stages. Stakeholders include: educators, students, health professionals, policy makers and patients and patient organisations engaged through a stakeholder fora in each of the 5 partner countries with the aim of comprising in total about 600 participants. The stakeholder fora form a participant sample panel for research activities. Data collection methods include focus groups, group interviews, interviews and questionnaire surveys.

Public Patient Involvement

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

Results

Activities in 2018 have focused on the development of Learning Units each comprising multiple components that can be used individually to facilitate flexibility. The educational philosophy of the HL-EP has been explicated based on stakeholder consultation and a review of educational literature. A competency-based comprehensive educational framework using existing health literacy models (Geboers et al., 2018), and educational frameworks (e.g. CanMEDS), complimented by the recommendations of stakeholders has been developed. A suite of 20 Learning Units was identified by project partners, the relevance of which was confirmed by stakeholders. Tools for Learning Unit development were constructed and used to aid consistency across units and alignment of learning outcomes, teaching strategies and assessment within units. Draft Learning Units were developed and evaluated initially by partners and changes made. Opportunities to implement and evaluate the Learning Units in real world contexts were identified, within Ireland, the delivery to undergraduate medical and nursing students was secured for early 2019.

Knowledge Translation

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



Dissemination

Details of IMPACCT feature on the Health Literacy Centre Europe website with links to the project, leaflet, newsletter (August, 2018) and blog posts. These include:

- A snapshot of the work of an Irish hospital based health literacy committee
- Dealing with patients with low health literacy in primary care
- Receiving bad or difficult news – patients and their support networks.

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

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

Parents' Experiences of Weaning on the Island of Ireland

Principal Investigator: Dr Colette Kelly (NUI Galway)

Collaborators: Professor Jayne Woodside (Queen's University Belfast), Professor Patricia Kearney (UCC), Dr Janas Harrington (UCC), Dr Molly Byrne (NUI Galway), Dr Caroline Heary (NUI Galway), Professor Catherine Hayes (TCD), Dr Seamus Morrissey (Galway City Partnership)

Researchers: Ms Louise Tully (NUI Galway), Ms Meg Malcolm (NUI Galway), Dr Virginia Allen-Walker and Ms Eleni Spyreli (Queen's University Belfast)

Funder: Safefood, the Food Safety Promotion Board

Weaning is an important time in a child's development and both the timing and types of foods offered to infants can have significant health implications. Good weaning practices ensure appropriate nutrition for infants and contribute to a varied diet. Weaning can also be an emotive and challenging time for parents/care-givers, because there are various sources of information available, and advice is often conflicting.

Guidelines for parents in both Northern Ireland and the Republic of Ireland provide advice to wean around 6 months of age (26 weeks), and not before 17 weeks of age. However the practice of early weaning and inappropriate food choice for infants is of concern on the island of Ireland. The deleterious short- and long-term health implications of early weaning are well documented, including increased weight gain, risk of allergy, eczema and enteritis. Conversely weaning infants later than recommended may negatively affect feeding behaviour and lead to nutrient deficiencies and failure to thrive. While timing is a key issue, the type, variety and sensory properties of foods offered to, and tasted by children are also important, as are the strategies that parents rely upon to promote food intake.

The determinants of early weaning include socioeconomic, social and individual factors which are related both to the mother and the infant. Young mothers, members of ethnic minorities, those less educated, those living in a deprived area and those in receipt of benefits are significantly more likely than their counterparts to have less knowledge of weaning guidance, which is itself associated with earlier weaning.

This study set out to explore experiences of weaning and use of both formal and informal guidance among parents who are at a disadvantage.

Aims and Objectives

1. To investigate parents knowledge, attitudes and practices in relation to weaning their child(ren) between 4 and 12 months of age;
2. To gain insight into the key barriers and facilitators that parents face when/if following weaning guidelines with their own child(ren);
3. To investigate the key sources of information and guidance that parents are using that are viewed as both practical and helpful;
4. To collaborate with parents on the mechanisms through which support can be provided for families weaning their infants;
5. To make recommendations on guidelines which offer support for parents around weaning.



Methods

This study method consisted of a qualitative research design, using focus groups and vignettes to collect data from parents. To engage disadvantaged families, parents were recruited through community groups and social media. Nineteen focus groups were conducted in total; 11 of which were held in the Republic of Ireland and 8 in Northern Ireland, with 83 participants in total. The data were transcribed, coded and analysed using inductive thematic analysis.

Results

Five themes were identified from the data reflecting that parents want guidance that is accessible, timely and delivered in an empowering way. Weaning is challenging and parents experience feelings of inadequacy and guilt during weaning, influenced by the advice given by family, friends, sourced on-line and/or received in shops or from businesses. Individual circumstances often drive decisions about weaning.

Public Patient Involvement

An advisory group, comprising of different stakeholders, including parents were involved from the study inception. This group input to the research tools and the research process. The draft findings were also discussed with parents to gain their perspective and input into the recommendations from the study.

Knowledge Translation

The report was launched in November by *safefood*, generating media interest and radio interviews. Throughout the project, the team worked with key staff involved in the National Healthy Childhood Programme (<https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/child-health-and-wellbeing/nationalhealthychildhoodprogramme/>), the Nurture programme (<https://www.hse.ie/eng/health/child/nurture/>) and the research team involved in the CHERISH project (<https://cherishstudy.com/about/>). Locally we worked with the Galway City Early Years Health and Wellbeing committee. Knowledge sharing through these mechanisms took place throughout the research project. Safefood have also considered approaches for implementing some of the study recommendations, especially with respect to consistent and practical advice on weaning for parents.



Dissemination

Kelly, C., & Tully, L. (2018). *What parents think about weaning: an Island of Ireland study*. Safefood. Nov 2018. ISBN: 978-1-905767-84-7, <https://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Publications/Research%20Reports/Weaning-study.pdf>

Tully, L., Kearney, P. M., Woodside, J. V., McKinley, M. C., Dean, M., Spyreli, E., & Kelly, C. (2018). Solid Advice: Complementary feeding experiences among disadvantaged parents in two countries. *European Congress on Obesity*. May 2018, Vienna, Austria.

Promoting Healthy Eating and Physical Activity in Local Communities (HEPCOM)

Principal Investigators:	Professor Saoirse Nic Gabhainn and Dr Colette Kelly with Dr Michal Molcho, Children's Studies, NUI Galway
Researcher:	Dr Ursula Kenny
Funder:	European Commission

Aim and Objectives

The HEPCOM project aims to increase the quality and level of local community and school based interventions all over Europe on promoting healthy eating and physical activity among children and young people. The project comprises 21 partners from 16 EU countries closely collaborating with local communities and organisations working on healthy eating and obesity prevention.

Methods

As part of this project a learning web platform was designed to include a repository for good practice tools on preventing obesity among children, from former and current European projects. Interviews and broader consultations with practitioner and policy groups across the 16 countries were undertaken to inform the development of the platform. The web platform includes recommendations and guidelines for good practice and a portal to the evidence-base and research findings. The platform is intended to support policy-makers, administrators and practitioners who are involved in the planning, development and implementation of healthy eating and physical activity interventions for children and young people.

Ireland was involved in two project phases. In the first phase, a needs assessment with regional/national communities, such as youth/sports clubs and schools was conducted, in order to explore how local authorities/community groups actively manage their obesity prevention intervention, which tools they use, and what quality improvements are needed. In the second phase, an evaluation of the platform was undertaken with three different communities (two youth clubs and a school), in order to explore Irish community perspectives on the newly developed HEPCOM platform. In addition, a national dissemination event was held, to showcase the HEPCOM project, and its related research outputs to 178 delegates in attendance.

Results

The evaluation of the HEPCOM platform across three local communities found that participants expressed mixed views regarding the relevance and applicability of the platform for their local community. Some perceived the web platform to be a useful, informative and valuable resource, whilst others critiqued the web platform due to the complexity of the language used and navigation difficulties experienced. This feedback provided an insight into

how future web platforms, linked to Health Promotion and Obesity Prevention, could be developed going forward. Further details on the study is available at www.hepcom.eu.

Dissemination

Kenny, U., Kelly, C., & Nic Gabhainn, S. (2018). *Irish community perspectives on the HEPCOM learning platform*. Health Promotion Research Centre, NUI Galway: Galway.

Knowledge Translation

Specific knowledge translation has taken place in all participating countries. These have included articles in the specialist press and on electronic forums along with seminars and conferences focused on promoting knowledge and use of the web platform across Europe.



**PROMOTING
HEALTHY EATING
AND PHYSICAL
ACTIVITY
IN LOCAL
COMMUNITIES**

Smart Patients

Smart Patients – Holistic empowerment of citizens to become experts in their own health.

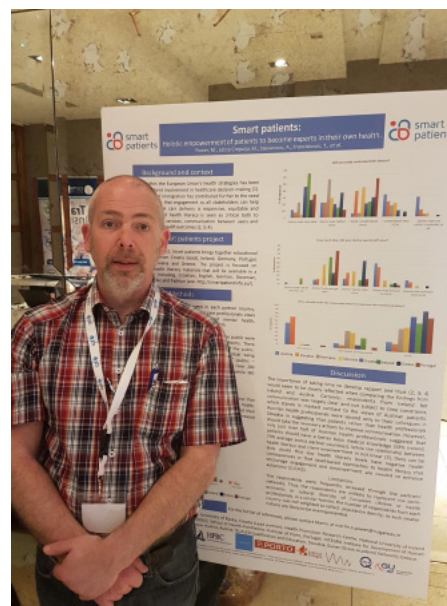
Lead Principal Investigator: Professor Tanja Franciskovic, MEDRI (Croatia)
Principal Investigators: M. Power, NUI Galway (**Ireland**); M. Letica Crepulja, MERDI (Croatia); W. Eisenreich, WIN (Austria); B. Brulke, ‘Was hab’ ich?’ (Germany); S. Bercko Eisenreich, INTEGRA (Slovenia); A. Valjaskova, QUALED (Slovakia); R. Pereira da Silva, IPP (Portugal); K. Tsibanis, GUNET (Greece)
Funder: Erasmus +

Across both national and international contexts a central aim of health strategies is to enable and empower patients and the public to manage and maintain their health and well-being. In large part, this reflects the growing recognition that people are often the most knowledgeable experts about their own health and well-being, and therefore should be active partners rather than passive recipients. As the World Health Organization has observed, “health is a state of physical, mental and social well-being and not merely the absence of disease or infirmity”. Thus, health is more than just organised systems of healthcare in the form of hospitals, clinics, medicines and professionals.

The Smart Patients project was designed to engage and enable patients and the public to become Smart Patients by providing free and freely accessible materials to support them in developing self-confidence, knowledge and understanding around health and well-being. The outputs are three modules – Prevent, Empower, Participate – that each contain a series of submodules on a diversity of topics such as nutrition, mental health, work/life balance and engaging with health professionals, as well as many more. The modules are available online and as a mobile application, facilitating flexible, easy, anytime and anywhere access. The platform also contains user stories and includes a forum to facilitate interaction. The modules are also available in a range of languages including English, German, Slovenian, Greek, Portuguese, Croatian, Slovakian, Arabic and Pashto, all of which can be accessed at -

<https://smart-patients.eu/main/toolbox.php>

With development of the modules largely completed in early 2018 the remainder of the year was taken up with testing the materials and platform, and then dissemination. Testing revealed that both experts (health and social care professionals) and citizens found the materials accessible and informative, and that the platform was straightforward and easy to use. Each of the project partners engaged in a range of dissemination events and activities and this was reflected in the visits to the platform, which increased month on month to reach almost 5,000 by the end of 2018.



Dr Martin Power presenting a poster on Smart Patients at the Social Care Ireland annual conference (Athlone, Ireland, March 2018)

Study on Bullying and Incivility in the University Setting

Principal Investigators: Dr Margaret Hodgins and Dr Patricia Mannix McNamara
(University of Limerick)

Workplace ill-treatment includes incivility, defined as low-intensity, deviant behaviour with ambiguous intent to harm the target, in violation of workplace norms for mutual respect (Andersson & 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. Drawing on 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. Previous studies demonstrate that the educational sector is at particularly high risk for bullying, and the few studies that have been conducted in third level institutions, with comparators for other institutions reveal worrying levels for both academic and support staff. Incivility does not appear to have been measured in the University setting. This study aimed to explore workplace bullying and incivility in the University setting, looking in particular at organisational response in order to identify possible avenues for meaningful intervention. A qualitative interpretative phenomenological approach was adopted for the research in order to facilitate in-depth exploration of participants' lived experience of bullying. Trade Unions representing higher education employees were contacted with the research description and information sheets detailing the requirements for participation and were asked to circulate it to their members. Twenty people were interviewed (9 administrative and 11 academic).

The administrative staff evidenced different experiences although all constituted ill treatment involving either bullying incivility or both. Three reported situations they described as victimization, in which they felt senior staff sought to intimidate and ultimately get rid of them. Two were bullied by staff junior to themselves. One described bullying by the institution in the form of lack of recognition and opportunity, and the final three all discussed situations, experienced and/or witnessed, that could be described as low level, but persistent abusive exercise of power. We identified four superordinate themes in the data; cynicism about the informal response, the formal response compounding the problem, the deep and wide aspect of health impact and bullying as micropolitics. A paper based on the findings has been published in the Journal 'Qualitative Research in Organisations and Management' (2017; Vol. 12, issue 33,190-206).

The data from the academic staff has been analysed. All participants had academic posts as teaching/lecturing staff in one of the three Universities in the study. The main themes to emerge included the legitimacy of hierarchy, the impact of a competitive working environment and inadequacy of policy. Based on these findings a paper has been submitted to Sage Open.

Research Launches and Awards

It has been a busy year with several international and national report launches and awards including:

- The Irish Workplace Behaviour Study, funded by IOSH and led by Dr. Hodgins launched in the Health and Safety Offices, Dublin, 24.1.18
- MindOut (revised) programmes for schools and the youth sector, funded by the Department of Health and led by Professor Barry, launched by Ministers Richard Bruton, T.D. and Catherine Byrne, T.D., Dublin on 1.10.18
- 'What parents think about weaning - An island of Ireland study', funded by Safefood and led by Dr Kelly in collaboration with QUB, launched 28.11.18
- NUI Galway President's Award for Societal Impact to our HBSC Ireland team, presented on 19.6.18.

All our activities are reported on our [@HPRC_NUIG](#) twitter account.

HPRC NUIG @HPRC_NUIG · 19 Jun 2018

Congratulations to our Health Behaviour in School-aged Children team who recently received the NUIG President's group award for Societal Impact. HBSC members: S. Nic Gabhainn, C. Kelly & M. Molcho. Congrats to the 3 individual award winners: E. Curry, F. Fahy, M. Grenonand



Pictured Left to Right: Prof. Saoirse Nic Gabhainn, Dr. Edward Curry, Dr. Michal Molcho, President Ciarán Ó hÓgartaigh Dr. Frances Fahy, Dr. Muriel Grenon and Dr. Colette Kelly

HPRC NUIG @HPRC_NUIG · 1 Oct 2018

Announcing launch of revised MindOut programmes for schools & the youth sector by @RichardbrutonTD @CByrneTD. Programmes strengthen young peoples' social and emotional coping skills & overall mental health & wellbeing @IrishResearch #LoveIrishResearch @HPRC_NUIG @nuigalway



Katherine Dowling and Catherine Byrne TD

safefood @safefood_eu · Following

A new report looks at what parents think about starting their babies on solid foods. Click for more: [safefood.eu/News/2018/New- ...](https://safefood.eu/News/2018/New-...)

You Retweeted

HSA @TheHSA · 24 Jan 2018

Dr. Margaret Hodgins of @nuigalway, HSA CEO Martin O'Halloran and Louise Hosking, Vice President of @IOSH_tweets at the launch of The Irish Workplace Behaviour Survey this morning





7:15 AM - 25 Nov 2018

4 Retweets 6 Likes

Collaborating Research Projects

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

INCLuSilver

Dr Colette Kelly is a member of the panel of experts for the INCLuSilver project (www.inclusilver.eu): Innovation in personalised Nutrition through Cluster cooperation in the Silver economy. The panel are made of international experts from a range of backgrounds (<https://www.inclusilver.eu/panel-of-experts-bios/>).

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

Healthy preschools

Dr Colette Kelly has contributed to a number of initiatives organised by Galway City Childcare Committee to enhance experiences for children in preschools around mealtimes. Colette delivered presentations and facilitated workshops for early years practitioners interested in introducing family style dining and rolling snack into their settings. The events were funded by Healthy Ireland.

Evaluation of Prevention, Partnership and Family Support (PPFS) programme of Tusla

Professor Saoirse Nic Gabhainn has been collaborating with colleagues at the UNESCO Child and Family Research Centre at NUI Galway on the Prevention, Partnership and Family Support (PPFS) Programme, which has been providing research, evaluation and technical support to Tusla – the National Child and Family Agency – for its Development and Mainstreaming Programme for PPFS. (<http://www.childandfamilyresearch.ie/cfrc/projects/completedprojects/preventionpartnershipandfamilysupportppfsprogramme/>). The PPFS Development and Mainstreaming Programme, funded by The Atlantic Philanthropies, Ireland, is a major pro-gramme of investment in parenting, prevention, and family support services as part of the overall implementation of the new independent child and family agency: Tusla. The contribution of the HPRC has been primarily in the design and analysis of two large, nationally representative, cross-sectional studies of public awareness undertaken in 2015 and 2018. These studies examined awareness and knowledge related to family support and early intervention, help-seeking behaviour, and perceptions of Tusla's PPFS programme. The final report of this work can be found at <http://www.childandfamilyresearch.ie/media/unescchildandfamilyresearchcentre/dmpfinalreports/Population-survey.pdf>.

Peer to peer motivational interviews with young people

Professor Margaret Barry and Dr Catherine Anne Field are collaborating with Professor David Heavey from Trinity College Dublin on a HRB-MRCG funded study that explores the feasibility of a peer-delivered motivational interview intervention to increase physical activity and decrease smoking and alcohol consumption among adolescents (13-18 years) in low SES communities. A cluster randomised feasibility trial is being conducted to evaluate the effectiveness of the intervention, including its acceptability to peer-educators, recipients and key community stakeholders.

CHERIsH

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

Social Care Ireland – Statutory registration awareness amongst social care workers study

Dr Martin Power collaborated with Social Care Ireland in conducting a study on social care workers awareness and preparedness for statutory registration. This was the single largest study of social care workers in Ireland to-date (n=726). The study's findings were presented by Dr Power and Ms Patricia D'Arcy at the Social Care Ireland annual conference in March 2018, and CORU representatives, including Ms Ginny Hanrahan CEO of CORU, were on the panel that discussed the findings with conference delegates. After the presentation, Dr Power was invited by the chair of the Social Care Worker's Registration Board within CORU to present the findings to the Registration Board, and this presentation took place in CORU's offices in Dublin in early May 2018. In late May, Dr Power attended at Social Care Ireland's invitation, a meeting between Social Care Ireland and Ms Rosarii Mannion, Head of HR for the Health Service Executive, to discuss the issues confronting social care workers, many of which had been raised in the registration awareness report.

The impact of quality in kindergarten for better mental health in children in Norway

Professor Margaret Barry is collaborating with the Norwegian Institute of Public Health on this study, which is funded by the Norwegian Research Council. The overall aim of the project is to examine the impact of quality in kindergartens for preschool children on child mental health, wellbeing and academic achievement by identifying key factors related to this. The study uses linkage of registry data on mental health and academic outcomes to data from The Norwegian Mother and Child Cohort Study (MoBa). The combination of registry-based data with prospectively collected survey-based information from parents and teachers is unique. This three year project involves PhD-students, researchers, steering group and users such as parent groups and politicians.

Visiting Scholars, Doctoral Students & Graduates



HPRC NUIG @HPRC_NUIG · Jun 7

Some of our fab volunteers at #hprc2018 today- visiting student Verena & PhD students @kathyafox & @Katie_Dowling1! #HealthPromotion #StrengtheningTheCircle #Empowerment @nuigalway @AssocHPireland @HealthyIreland @CDHNJoanne



1 4 11 ||

We welcome academics, researchers and visitors from other academic institutions who wish to work with our staff members or on research projects as we consider this an important element of our community exchange and networking. During 2018 the following visitors worked with our research teams:

- Eadaoin Farragher, Placement Student, Institute of Technology Sligo. (5 Feb - 25 May)
Eadaoin helped with the 2018 data collection with the HBSC team.
- Sora Abdul-Fattah, HRB Scholarship Student, NUI Galway. (14 May – 11 June)
Sora worked on the Galway Hospice Project with Dr Catherine-Anne Field.
- Verena Biehl, Visiting Scholar, University of Applied Sciences Winterthur, Institute of Health Sciences in Switzerland. (1 - 24 June)
Verena worked on a longitudinal study on professional identity formation for health promotion practitioners in Switzerland with Professor Margaret Barry.
- Michelle Snyder, Applied Anthropology Graduate Student, University of North Texas. (11 June – 15 August)
Michelle undertook a Health Literacy research project, with Dr Jane Sixsmith, as part of her studies in Ireland.
- Dr Alina Cosma, Senior Postdoctoral Fellow, Royal College of Surgeons in Ireland and Dutch HBSC Team at University of Utrecht. (20 - 21 November)
Alina met with academic staff and HBSC colleagues to co-write a paper, network and discuss future research collaborations.

Postgraduate Programmes in Health Promotion

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

PhD Scholars:

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

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

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



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

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

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

PhD. Supervisor: Professor Margaret Barry



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

Lorraine Burke: (l.burke2@nuigalway.ie) *NUIG Scholarship*

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

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



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

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

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

PhD. Supervisors: Dr Michal Molcho and Dr Colette Kelly



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

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

PhD. Topic: Ecohealth/Planetary Health

PhD. Supervisor: Professor Margaret Barry

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

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

PhD. Topic: Examining determinants of eating patterns in preschool settings in disadvantaged areas in Ireland

PhD. Supervisor: Dr Colette Kelly



Preschool years are a critical period for growth and development and healthy or unhealthy habits formed at this age may persist in later years; therefore, preschools may serve as an important setting for Health Promotion. Research shows that there is a strong relationship between low socioeconomic status and poor quality diets. The aim of this study is to identify factors that influence eating patterns among preschoolers attending childcare settings in disadvantaged areas. This project will examine staff, children, and parents' perceptions and behaviours toward healthy eating at childcare settings and develop recommendations for promoting healthy eating in preschools in disadvantaged areas.

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



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

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



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

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



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

Helen Grealish (h.grealish1@nuigalway.ie)

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

PhD. Supervisor: Professor Saoirse Nic Gabhainn



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

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

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

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



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

Nurul Kodriati (n.kodriati1@nuigalway.ie)

PhD topic: Gender, masculinities, and smoking behaviour among males: Settings based health promotion approach

PhD Supervisors: Dr Lisa Pursell and Elli Nur Hayati



This study explores how smoking is a gendered behaviour in many parts of the world with the least ratio of male and female smokers occurring in Europe and America, but is more prevalent among males in countries like Indonesia, China, and Korea where it is more than ten times higher than among females. Given the magnitude of the problem of male smoking in these regions, this study employed an initial scoping of literature to explore relationships between masculinities and smoking behaviours in general. Following this, quantitative analysis of data taken from UN Multi-Country Study (UNMCS) of masculinity is being undertaken to examine smoking behaviours and masculinities within Indonesia. Recommendations for future smoking interventions targeted towards men within a settings based health promotion approach will be considered.

Verna McKenna (v.mckenna2@nuigalway.ie)

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

PhD. Supervisor: Professor Margaret Barry



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

Teresa Meaney (teresa.meaney@nuigalway.ie)

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

PhD. Supervisor: Professor Saoirse Nic Gabhainn



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

Christina Murphy (c.murphy1@nuigalway.ie)

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

PhD. Supervisor: Professor 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.

Lhara Mullins (lhara.mullins@nuigalway.ie)

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

PhD Supervisor: Dr Margaret Hodgins



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

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

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

PhD. Supervisor: Dr Margaret Hodgins



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

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

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

PhD Supervisor: Dr. Colette Kelly



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

Elena Vaughan (e.vaughan3@nuigalway.ie)

PhD. Topic: Sex, stigma and silence: Sexual politics and the discursive Construction of HIV in Ireland.

PhD. Supervisors: Dr Martin Power and Dr Jane Sixsmith



The aim of this study is to investigate the discourse of HIV and the phenomenon 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.

Jaroslava Veratova (j.velartova1@nuigalway.ie)

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

PhD. Supervisor: Dr Martin Power



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

MPhil Scholars:

Almas Kazmi (a.kazmi1@nuigalway.ie)

MPh. Topic: Investigating mental health literacy among Muslim migrant adolescents in Ireland

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



The focus of the research is to investigate the mental health literacy levels of Muslim migrant adolescents of India and Pakistan, living in Ireland, in terms of their understanding of mental health and related issues. This research will investigate mental health literacy and mental health related knowledge, attitudes and beliefs of this group of young people. This research will include structured survey questionnaires to explore the understanding of adolescents about mental health. After the exploration phase, the research will seek to promote the mental health literacy of the target population and reduce stigma through the use of modern technology.

Kerry Ward (kerry.ward@nuigalway.ie)

MPh. Topic: Supporting the mental health and wellbeing of young people.

MPh. Supervisor: Professor Margaret Barry



This study will evaluate the recently revised MindOut programme, a social and emotional wellbeing programme for young people aged 15-18 years, within Youthreach and youth work settings in Ireland. The evaluation seeks to determine the feasibility of implementing this Programme using a new modular delivery method. This modular delivery method offers youth workers the opportunity to choose a “mix and match” of the sessions within MindOut to produce a programme that best meets the needs of each group thus providing greater flexibility of delivery across a wide range of settings.

Graduate Student Abstracts

Congratulations to Mary Hardiman who recently graduated with a M.Phil in Social Care and Dr Tuuli Kuosmanen and Dr Lindsay Sullivan on their PhD.s in Health Promotion. Their thesis abstracts are presented below and the full theses are available on [ARAN](https://aran.library.nuigalway.ie/) (the digital collection of open access scholarly publications from NUI Galway, <https://aran.library.nuigalway.ie/>)

Inclusive education in Ireland: towards a Visual Education Roadmap

Mary Hardiman



The UNESCO Salamanca Statement of 1994 re-affirms the right of education of every individual and the provision of education for children with special needs education within the regular classroom. Within the context of mainstream educational systems the overall trend is to try to provide more effective inclusive educational environments. An inclusive education system aims to change the mainstream educational system to an integrated environment that caters for and encourages holistic child development for all children. This process of change presents a challenge to the 'status quo' that has existed in education. Although achieving an inclusive school is dependent on several interrelated factors, fundamental to the success of an inclusive school, is the role of the teacher. This study aimed to examine teachers' attitudes towards the provision of an inclusive classroom in Ireland. This entailed an overview of legislative and policy developments and an examination of current inclusive educational provision in Ireland.

The literature revealed the process of change and progress made in terms of developments, the challenges and difficulties encountered and approaches taken to manage change. The research findings demonstrate teachers and school principals are fundamental to the successful provision of inclusive education. Although the findings indicate support from these key stakeholders in establishing and providing inclusive learning environments, challenges are evident and multifaceted. While the findings of this study are indicative of the progress made in providing an inclusive educational classroom, significant issues still exist for all stakeholders involved in the provision of inclusive education. Adapting a model/tool from the Quality Management domain (i.e., the Ishikawa diagram or Fishbone diagram), a cross disciplinary tool was developed which presents a visual summary of the key foundation criteria necessary to, and the key elements required, in implementing an inclusive school environment.

M.Phil in Social Care Supervisor: Professor Saoirse Nic Gabhainn



An evaluation of the SPARX-R computerised mental health programme to improve mental health and wellbeing among adolescents attending alternative education

Dr Tuuli Kuosmanen

This thesis examines the feasibility of delivering computerised mental health programmes within the Irish alternative education (AE) setting, Youthreach, in order to improve student (age 15-20 years) mental health and wellbeing and prevent mental health problems. The study incorporates a systematic literature review on the effectiveness of computerised mental health promotion and prevention interventions with youth (Paper I), a qualitative analysis of the requirements of AE students and staff in relation to the delivery of computerised mental health programmes (Paper II), and a randomised controlled trial (RCT) with integrated implementation research to examine the effectiveness (Paper III) and implementation (Paper IV) of SPARX-R computerised cognitive behavioural therapy (cCBT) in AE. In Paper II, student and staff needs are assessed using the Requirements Development Approach, by means of an online staff survey (n=16) and four student workshops (n=32) and staff discussions (n = 12). Paper III reports on a two-group (SPARX-R and no-intervention control) cluster RCT (n=146). Measurements were taken at pre- and post-intervention, including indicators of positive mental health (mental wellbeing, coping and emotion regulation) and mental health problems (depression and anxiety). The implementation research (Paper IV) consisted of a post-intervention questionnaire (n=28) and open-ended responses (n= 2), and process evaluation questionnaires. Staff moderators completed a staff feedback questionnaire (n=6) and interviews (n=3).

The findings from the systematic review (Paper I) highlight a need for increased implementation research to better understand high drop out and low engagement rates with computerised programmes and to examine the use of computerised programmes with more vulnerable groups of young people. Paper II showed that AE students, many of whom have issues with low levels of literacy and concentration, require programs to be customisable, fun and interactive and not text-heavy, use a positive strengths-based approach and ensure confidentiality and optional attendance. Staff need both structure and flexibility, to ensure sustained delivery while taking into consideration the needs of individual students. In Paper III, a significant improvement in emotion regulation strategies was detected, with expressive suppression decreasing significantly in the SPARX-R group in comparison to the control (-2.97, 95% CI -5.48 to -0.46, p = 0.03). High levels of attrition and low levels of engagement were reported, with a dropout rate of 55% and only 30% of participants completing the entire programme. The main reasons for disengagement, as reported in Paper IV, included technical issues, lengthiness and the lack of positive focus, inconsistencies in student attendance and interruptions in the curriculum. However, the findings also show that SPARX-R is easy to use for youth with low levels of literacy.

This study provides a novel insight into the factors that need to be considered when developing and/or implementing computerised mental health programs with vulnerable young people. In order to support effective delivery of computerised mental health programmes in AE, there is a need for staff training, integrating programmes into a dedicated mental health curriculum and complementing them with face-to-face interaction. Further studies with larger samples are needed to establish the effectiveness of SPARX-R with youth attending AE.

PhD. Supervisor: Professor Margaret Barry

The Development, Implementation, and Evaluation of a Theory-based Concussion Education Programme for Secondary School Gaelic Athletic Association (GAA) Athletes



Dr Lindsay Sullivan

Sport-related concussion is a public health concern, especially among children and adolescent athletes. Concussion can lead to long-lasting, detrimental effects, which can impact children's physical, cognitive, emotional, and sleep health. One approach to limit the potential negative consequences of this injury is to educate athletes about the nature and risk of concussion. This study aimed to systematically develop, implement, and evaluate a theory-driven concussion education programme for secondary school-aged Gaelic Athletic Association (GAA) athletes.

The first phase of this study assessed the concussion-related training and education needs and preferences of GAA coaches. Using a self-report questionnaire data was collected electronically from a convenience sample of 108 coaches. Coaches indicated that they were most interested in receiving information about concussion (i) signs and symptoms, (ii) assessment, and (iii) return-to-sport guidelines. Over two-thirds of participants indicated that in-person training would be the most effective mode of delivery. Additional results demonstrated that the majority of coaches (90%) do not talk to their athletes about concussion, prior to the start of the season.

Baseline data were then collected from 435 secondary school-aged GAA athletes (52.2% female; mean age, 14.55 ± 1.67 years). Approximately 60% of the participants stated that they played in practice or during a game (this season) with concussion symptoms. Participants demonstrated an incomplete understanding of concussion. Findings also revealed that some athletes have unfavourable attitudes towards concussion. Compared with their female counterparts, males expressed more negative outcomes of concussion reporting and lower concussion reporting intention.

The third phase of this study evaluated the immediate and short-term effectiveness of the programme. A total of seven teams from five schools ($n = 428$) were assigned to either the intervention ($n = 229$) or control group ($n = 199$). The programme resulted in a number of significant positive effects, immediately following programme implementation and at three-months follow-up. Specifically, the programme had a significant positive effect on athletes' knowledge, perceived behavioural control (PBC), and reporting intention. These results were maintained at three-month follow-up, with the exception of PBC.

The fourth phase of this study used a longitudinal study design to assess athletes' PBC, attitudes towards concussion, subjective reporting norms, reporting intentions, and in-season reporting behaviours. Data were collected from 153 secondary school-aged athletes (102 females; 51 males). Consistent with the TPB, results revealed that PBC and reporting intentions contributed to the prediction of disclosure behaviours. Reporting intentions, in turn, were strongly influenced by PBC, attitudes, and subjective norms. Unlike previous reports, PBC was the strongest predictor of concussion reporting intentions and in-season reporting behaviours.

These findings suggest a need for a multifaceted approach to concussion education, tailored to the needs and learning preferences of the target population. Health promotion communication campaigns, coupled with concussion education programmes, could be utilised to further highlight the importance of timely concussion management, and to create a culture in which the reporting of concussion is considered normative. At a national level, these results could be used to inform the development of concussion legislation to promote the protection of young athletes.

PhD. Supervisor: Dr Michal Molcho

Health Promotion Master Dissertations

As part fulfilment of a Masters in Health Promotion, students undertake primary research in a topic of their choice, working under the supervision of Discipline staff members. Below provide a flavour of the topics explored in 2018.

Thesis Title

Measurement in Food Literacy: Is the Short Food Literacy Questionnaire an Appropriate Instrument?

Peer to Peer Education: An Examination of Trained Red Cross Volunteers in an Irish Prison Setting

Exploring the Impact of Social Media Efforts on Young Adult Mental Wellbeing: How Many Likes are Enough?

An Investigation into the Barriers and Enablers that Exist in Implementing the Physical Education Curriculum in Irish National Schools

Exploring the Real World Experience of Evidence-Based Health Promotion Practice in Ireland

An Examination of Teachers' Experiences of Implementing the MindOut Social and Emotional Learning Programme and the Impact on Post-Primary Schools in Ireland

An Exploration of the Attitudes of Adolescent Boys and Girls to Breastfeeding

A Lifecycle Approach to the Factors Impacting Food Choice in Older People

Associations between Knowledge of Diabetes Risks, Attitude to Health Behaviours and Health Behaviours among Third Level students.

Exploring the Experience of Sports Participation with LGB Inclusive Sports Clubs, including the Perceived Benefits to Mental Health and Wellbeing

Is Menstrual Hygiene Management an Issue for Women in Poverty in Ireland?

An Investigation of Social, Personal and Health Education (SPHE) Implementation in Special Schools in Ireland.

A Qualitative Examination of the Experiences and Perceptions of Irish Travellers using the HSE Primary Health Care services in the West Region of Ireland



Five Year Funding Summary



HPRC NUIG @HPRC_NUIG · Aug 27

As the Irish partners on the Erasmus+ IMPACCT research project, developing a Health Literacy Education Programme for health professionals, the @HPRC_NUIG suggest you check out healthliteracycentre.eu/impacct/ #HealthLiteracy



The Stakeholder fora

A group of about 600 stakeholders from 5 countries (Germany, Ireland, Italy, the Netherlands, and Slovakia) will be involved in all phases of the project, with the aim of gaining a better insight into needs, barriers and facilitators of Health Literacy education, as well as to increase awareness of the topic.

The group of stakeholders will include:

- educational professionals,
- medical and nursing students,
- policy-makers,
- older adults,
- patients and members of patient organizations.

Participation will be encouraged through invitation to events, requests for feedback, focus groups, on-line surveys and interviews.

For more information:

E-mail: info@healthliteracycentre.eu

Website: www.healthliteracycentre.eu

The Consortium

Project Coordinator:



Partners:



Improving Patient-centred Communication Competencies



This leaflet is part of the project *Improving Patient-centred Communication Competencies: To build professional capacity concerning health literacy in medical and nursing education (IMPACCT)*, which has received funding from the ERASMUS+ Programme under grant agreement n°2017-1-NL01-KA203-035290.



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International and National Grant Income

2014-2018

Many of the HPRC projects run for more than one year so the following table reports grant income, national and international, over the past five years. The cumulative research income is €4.5 million for this reporting period.

NAME	TOTAL GRANT	TOTAL AWARDED TO HPRC	FUNDER	2014	2015	2016	2017	2018
INTERNATIONAL FUNDING	€6,662,741	€1,464,402						
Bridging the Digital Disconnect – Using Technology to Support Young People’s Mental Health Needs	202,667	202,667	Young and Well Cooperative Research Centre, Australia					
CompHP –Developing a competency framework for Health Promotion Practice	659,542	659,542	EU Framework for Health Programme					
Enhancing Health Literacy with Life Skills Education: Preventing Non-Communicable Diseases in Schools	4,050	4,050	WHO Health Promotion Unit					
Promoting Healthy Eating and Physical Activity in Local Communities (HEPCOM)	1,000,000	52,294	European Commission					
IMPACCT: Health Literacy Education	449,956	70,320	EU Erasmus+					
INTIMAGE Intimacy and Sexual Health among Older People in Europe	255,407	28,601	EU Erasmus					
Irish Workplace Behaviour Survey	148,849	148,849	IOSH UK					
IROHLA - Intervention Research on Health Literacy Ageing population	2,928,441	140,088	European Commission - 7th Framework Programme					
Smart Patients	253,505	34,115	EU Erasmus+					
SPAN: Science for Prevention Academic Network	595,143	37,175	European Commission – Education and Culture (EAC)					
Syntheses of the Evidence in Health Promotion and Recommendations for Practice	90,000	11,520	IUHPE & Picardie Regional Health Agency, France					
What Works in Enhancing Social and Emotional Skills during Childhood and Adolescence?	65,196	65,196	Early Intervention Foundation, Social Mobility & ChildPoverty Commission UK					
WHO Euro Review	9,985	9,985	WHO Regional Office for Europe					

NAME	TOTAL GRANT	TOTAL AWARDED TO HPRC	FUNDER	2014	2015	2016	2017	2018
NATIONAL FUNDING	€4,282,392	€3,030,255						
A Feasibility Study on the Implementation of MindOut in Youth Settings	64,488	64,488	Health Service Executive					
Accreditation Model for Workplace Health Promotion; A Scoping Study	19,959	19,959	Department of Health					
Adolescent Sexual Health in Ireland	112,095	112,095	Irish Research Council & Crisis Pregnancy Programme					
Cancer Survivorship - Costs, Inequalities and Post-Treatment Follow-Up	668,346	211,935	Health Research Board					
Combating childhood obesity through improving dietary and food environment measurements	10,000	10,000	NUIG Millenium Fund					
Community context for literacy	95,000	95,000	Breacadh					
Designing, evaluating and implementing a complex intervention in childhood obesity	666,437	0	HRB ICE					
Development of Schwartz Rounds for Students: promoting compassionate care through self care	1,400	1,400	NUIG Millenium Fund					
Evaluation of Galway City Strategy to Prevent and Reduce Alcohol Related Harm	14,540	14,540	Health Service Executive West					
Evaluation of the MindOut Programme in Post-Primary Schools	52,182	52,182	Health Service Executive					
Evaluation of the Real U Intervention	17,115	17,115	Foróige Best Practice Unit					
Food Portion Sizes and the Proportion of Different Food Groups Eaten by Children on the Island of Ireland	87,079	0	Safefood					
Health Behaviour in School-aged Children 4, Ireland	670,939	670,939	Department of Health & Children					
Health Behaviour in School-aged Children 5, Ireland (2014-17)	697,341	697,341	Department of Health					
Health Behaviour in School-aged Children 6, Ireland (2018-21)	709,041	709,041	Department of Health					

NAME	TOTAL GRANT	TOTAL AWARDED TO HPRC	FUNDER	2014	2015	2016	2017	2018
Health Literacy for Healthy Cities	15,616	15,616	Health Service Executive West					
Health-related Interdisciplinary Research Network Development, Travel Support	730	730	IRC					
Healthy Cities and Communities	1,300	1,300	NUIG Millenium Fund					
H2020 Enterprise Ireland Co-ordinator Grant	12,500	12,500	Enterprise Ireland					
Inequalities in Childhood Cancer	119,290	119,290	Irish Cancer Society					
Parents' Experiences of Weaning on the Island of Ireland	121,223	79,013	Safefood					
Public Awareness of Parenting, Prevention and Family Support Services (TUSLA)	16,506	16,506	UNESCO Child and Family Research Centre					
Scoping Review Case Management	15,376	15,376	Health Research Board					
Specialist Certificate in Workplace	30,960	30,960	Department of Health and Department of Jobs, Enterprise and Innovation					
Young People's Awareness of Alcohol Marketing	62,929	62,929	Alcohol Action Ireland					

Dissemination

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





From (back left to right): Ms Joanne Morgan, Dr Catherine-Anne Field, Dr Colette Kelly, Professor Tina Cook, Professor Lokesh Joshi, Ms Biddy O'Neill, Dr Cate Hartigan, Dr Jon Salsberg; (front left to right): Dr Martin Power, Professor Anne MacFarlane, Professor Saoirse Nic Gabhainn, Professor Margaret Barry.

The conference chairs, Dr Catherine-Anne Field and Dr Martin Power, were delighted to welcome the 172 practitioners, researchers and policymakers to the 22nd Health Promotion Conference – Participation and empowerment for health service users: Strengthening the circle, which took place on June 7th.

Against the backdrop of international calls for reorienting health services, as identified in the Ottawa Charter, and the national backdrop of the Healthy Ireland Framework, this conference contributed to the ever increasing focus on public, patient and service user involvement as key stakeholders in health and health promotion. The conference focused on the three interrelated strands of practice, services and research to examine the benefits, facilitators and challenges to enhancing collaboration between services, communities and individuals. In addition to a range of international and national keynote speakers and focused workshop, this year's conference included a number of open forum workshops that provided further opportunities for knowledge sharing and learning.

The conference was designed and delivered in collaboration with the Department of Health, Health Service Executive and the Association of Health Promotion Ireland, and we would like to take this opportunity to thank each for their continued involvement and support. The programme and the presentations from the conference speakers are available to download on the conference website at: www.nuigalway.ie/hprc.

Research Seminar Series

The Health Promotion Research Centre (HPRC) regularly held research seminars across a broad range of topic areas providing an opportunity for members to showcase their research, and for visiting scholars, academic colleagues and Health Promotion practitioners to share their work.

- Dr Colette Kelly, Health Promotion Research Centre, NUI Galway
'Solid Advice': Parents' experience of complementary feeding and related advice
- Professor Saoirse Nic Gabhainn, Health Promotion Research Centre, NUI Galway
Health Behaviour in School-aged Children: 20 years of data collection
- Professor Margaret Barry, Health Promotion Research Centre, NUI Galway
Transatlantic Perspectives of Knowledge Translation for Health Promotion

Starting September 2018 we were delighted to combine forces with our colleagues in the Health Behaviour Change Research Group and the HRB Primary Care Clinical Trials Network Ireland to offer a joint 'Population Health Seminar Series' to all our members.

- Dr Paul O'Connor and Dr Sinéad Lydon, School of Medicine, NUI Galway
Making Healthcare Safer: Building an evidence base
- Alice Le Bonniec, Montpellier Cancer Institute, France
What are the Psychosocial Determinants of Participation in Colorectal Cancer Screening? GPs' and patients' points of view
- Dr Margaret Hodgins, Health Promotion Research Centre, NUI Galway
Ill Treatment in the Irish Workplace - Findings from the Irish Workplace Behaviour Study.

We look forward to continuing this seminar partnership during 2019.

Knowledge Network

The Knowledge Network for Health Promotion was created in 2008 by the HPRC in partnership with the Health Promotion Unit, HSE West to develop links between the organisations and to share our knowledge and expertise. The Network now includes representatives from other sections of the HSE beyond the initial collaborators and from Croí. Members meet on a quarterly basis to exchange information, explore research funding opportunities and future partnerships.

2018 membership included, Jane Sixsmith, Verna McKenna, NUI Galway; Evelyn Fanning, Fiona Falvey, Carol Farrell, Laura McHugh, Fiona Donovan, Ross Cullen, Antoinette Morley; Health Service Executive; and Irene Gibson, Croí.

Community Contribution

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

International (2018)

- Early Careers Group of the WHO-HBSC study (member) - L. Burke, Dr A Költő
- Eating and Dieting Working Group of WHO-HBSC study (Chair) - Dr C. Kelly
- European Commission DG SANTÉ - Expert Panel on Effective Ways of Investing in Health, 2016-2019 (member) - Professor M. Barry
- European Commission DG Research and Innovation - Expert Evaluator under the Horizon 2020 work programme (member) - Professor M. Barry
- European Forum for Health Promotion Research (member) – S. Dashdondog
- European Implementation Collaborative (EIC) (member) - C. Kerins
- Early Intervention Foundation & Education Endowment Foundation, London - Expert Panel on Social and Emotional Learning, 2018-19 (member) – Professor M. Barry
- European Health Psychology Society (member) - N. Kodriati
- European Society for Prevention Research (member) - K. Fox
- European Society for Prevention Research's (EUSPR) Early Careers Forum (member) - K. Fox
- French National Cancer Institute – Scientific Evaluation Committee (co-chair of Social and Human Sciences, Public Health and Epidemiology stream), 2017-18 - Professor M. Barry
- Global Working Group on Workforce and Competencies Development, International Union for Health Promotion & Education, 2012-18, (Co-Chair) - Professor M. Barry
- International Association for Youth Mental Health (member) - A. Kazmi
- International Steering Group for the WHO Collaborating Centre for Mental Health Promotion, Prevention and Policy at THL, Finland, 2017-18, (member) - Professor M. Barry
- International Union for Health Promotion and Education (IUHPE) (Registered Health Promotion Practitioner) - A. Harrington
- London School of Hygiene and Tropical Medicine, External Examiner of MSc in Public Health (Health Promotion Stream), 2017-21 - Professor M. Barry
- Schools for Health Europe (SHE) Research Group (member) – K. Dowling, Dr U. Kenny
- International Association for Youth Mental Health (IAYMH) (member) – K. Dowling
- Scientific Development Group of the WHO-HBSC study (member) - Dr C. Kelly & Dr A. Költő
- Sexual Health Working Group of WHO-HBSC study (Chair) - Dr A. Költő
- Sexual Health Working Group of the WHO-HBSC study (member) - L. Burke

- The Children's Research Network for Ireland and Northern Ireland (member) - Dr C. Kelly, K. Fox, S. Dashdondog, L. Burke
- The Association for Nutrition (member) – Dr C. Kelly
- The Nutrition Society (member) - S. Dashdondog, Dr C. Kelly, Dr U. Kenny
- WHO Geneva & WHO Regional Office for Europe, Adolescent Mental Health Promotion and Prevention (2017-18) (Temporary Advisor) - Professor M. Barry
- WHO Technical Advisory Group on Health Promotion in the Sustainable Development Goals (member) - Dr M.J. Lavelle.
- Youth Engagement group HBSC international (Chair) – Dr C. Kelly.

National (2018)

- Association for Health Promotion Ireland (AHPI) (member) - A. Harrington, Dr J. Sixsmith, Dr M. Hodgins, Prof. S. Nic Gabhainn
- Association for the Study of Obesity Ireland (ASOI) (member) - C. Kerins, Dr C. Kelly
- Comhairle na nOg Steering Committee (member) - L. Mullins
- Early Years Sub-committee of the Children and Young People's Services Committee, Galway (member) - S. Dashdondog, Dr C. Kelly
- Galway University Hospital Schwartz Steering Committee (member) - Dr C.A. Field
- Health Promotion Research Centre (HPRC) Knowledge Network (member) - V. McKenna and Dr J. Sixsmith
- Health Research Board (HRB) SPHeRE Academic Panel (Advisor) – Dr C. Kelly
- Hungarian Association of Hypnosis (member) - Dr A. Költő
- Hungarian Psychological Association (member) - Dr A. Költő
- Irish Nutrition and Dietetic Institute (INDI) (member) - C. Kerins
- Irish Social Policy Association (member) - Dr C.A. Field
- National Cancer Prevention Committee (member) - Dr C.A. Field
- National Institute for Preventive Cardiology (NIPC) Alliance (member) - C. Kerins
- National Mental Health Promotion Plan Advisory Group- HSE and Department of Health, 2016-18 (member) - Professor M. Barry
- National Oral Health Policy Academic Research Group, 2014-17 (member) - Professor M. Barry
- Psychological Society of Ireland (PSI) (member) – Dr M. Hodgins
- SAOLTA HSE Healthy Ireland Implementation Group, 2015 – present (member) - Professor M. Barry
- Social Care Ireland (member) - L. Mullins; Dr M. Power
- Social Care Ireland, Conference Committee (member) – Dr M. Power
- Social Care Ireland, Research Special Interest Group (committee member) – Dr M. Power

- Social Care Ireland, Social Care Workers Advisory Group (committee member) – Dr M. Power
- Structured Population and Health-services Research Education (SPHeRE) Network (member) - C. Kerins
- Steering Committee for National Curriculum in Health Behaviour Change (member) - Dr C.A. Field
- University College Hospital Galway Health Literacy Committee - (member) - V. McKenna and Dr J. Sixsmith.

Editorial Boards (2018)

- Advances on School Mental Health Promotion - Professor M. Barry
- Health Promotion Journal of Australia - Professor M. Barry
- International Journal of Mental Health Promotion - Professor M. Barry
- International Journal of Workplace Health Management (Special Edition, Guest Editor) – Dr M. Hodgins
- Journal of Pediatric Health Care and Medicine - Dr U. Kenny
- Journal of Public Mental Health - Professor M. Barry
- Journal of Social Care - Dr M. Power.



Members of the European Commission DG SANTÉ - Expert Panel on Effective Ways of Investing in Health (*HPRC is represented by Professor Margaret Barry, 4th from right*)

Phd Travel Bursaries

All our PhD students are encouraged to participate in the research community and disseminate their research findings. Since 2011 thirteen student travel bursaries have been awarded by Health Promotion to PhD students to support travel that is relevant to their doctoral research. All PhD students registered with a supervisor in the Discipline of Health Promotion are eligible to apply, funding permitting.

In 2018 bursaries were awarded to:

- Nurul Kodriati, A secondary analysis of UN multi-country masculinity survey of how early Indonesian males started their daily smoking, *10th IUHPE European Conference and International Forum for Health Promotion Research*, Trondheim, Norway, November, 2018
- Saintuya Dashdondog, Using creative research methods to explore food perceptions and preferences among preschool children in Ireland, *10th IUHPE European Conference and International Forum for Health Promotion Research*, Trondheim, Norway, November, 2018
- Claire Kerins, Barriers and facilitators to implementation of menu labelling interventions: a mixed methods systematic review. *Global Evidence and Implementation Summit*, Australia. October, 2018.

Consolidated Framework for Implementation Research[®]

IMPLEMENTATION				
Characteristics of the Intervention	Inner Setting	Outer Setting	Individuals Involved	Implementation Process
<ul style="list-style-type: none"> Intervention source Evidence strength and quality Relative advantage Adaptability Triability Complexity Design quality Cost 	<ul style="list-style-type: none"> Structural Characteristics Networks and Communications Culture Implementation Climate Readiness for Implementation 	<ul style="list-style-type: none"> Patient needs and Resources Coagulationism Peer pressure External policies and incentives 	<ul style="list-style-type: none"> Knowledge and beliefs about the intervention Self-efficacy Individual stage of change Identification w/ organization Other personal attributes 	<ul style="list-style-type: none"> Planning Engaging Executing Reflecting and evaluating

Results

- Sensory appeals of food: "Yummy for my tummy", "juicy", "squishy", "juicy", "crunchy"
- Emotions associated with food: "Fish fingers, because they have fish in them, makes you happy"
- Family and social influences: "Because my Mommy cooks it", "I eat it every day"
- Variety is valued: "I can have egg in the different ways", "Same food is boring"
- Preschooler's developmental stage: "Because I like it", "I don't know"

PhD study: Examining the determinants of eating patterns in preschool settings in Ireland

Using creative research methods to explore food perceptions and preferences among preschool children in Ireland

Saintuya Dashdondog, MD, MPH, PhD Candidate
 Hardiman Research Scholar
 Supervisor: Dr Colette Kelly, Director of HPRC

Discipline of Health Promotion, School of Health Sciences, National University of Ireland Galway
 E-mail: gal@hprc.nuigalway.ie

A secondary analysis of UN multi-country masculinity survey of how early Indonesian males started their daily smoking

Nurul Kodriati, Lisa Pursejati, Etti Nur Hayati
 School of Health Sciences, National University of Ireland Galway, Ireland
 Faculty of Psychology, Post Graduate Program, University of Ahmad Dahlan, Yogyakarta, Indonesia

Background

Adult female smoking prevalence, 2015 | Adult male smoking prevalence, 2015

Perceived characteristics of smoking: being powerful, being emotionally stable, in control, and having self-reliance.

Study aims: Using data Indonesian data from the United Nations Multi-Country Survey (UNMCS) of men and masculinity

Quoties from qualitative studies: "A real man smells of tobacco" (Dovey & Zhao, 2012); "If I don't smoke I'm not a real man" (Ng et al, 2007)

To explore the profile of Indonesian men aged 18-49 who start smoking <18

Data analysis: Variables age start daily smoking from the survey were cross tabulated, with age, education, and occupational groups. And was tested using Logistic regression

Survey Methodology

TOTAL POPULATION: 40 CLUSTERS, 1000 HOUSEHOLDS, 10000 RESPONDENTS

Conducted in three cities: Jakarta, Purworejo, Jayapura

Results

- The proportion of daily smokers was 53.6%, of which 59.9% commenced smoking under 18
- The percentage of men who started daily smoking before age 18 was relatively higher in Jakarta (64.2%) compared to Purworejo (56.6%) and Jayapura (57.2%).
- Male smokers who started their smoking under 18 years doubled percentage of poor to very poor self-rated health in comparison to those who started smoking older than 18, 3.2% and 1.5% respectively.
- Men aged 25-34 years and 35-49 years had 40% and 50% lower than aged 18-24 to start smoking before 18

Conclusion

- Male smoking prevalence in Indonesia is very high and initiated at a very young age
- An emphasis on targeting smoking initiation prevention among boys is urgently required

Acknowledgements

Logos for UN Women, UNICEF, UNFPA, UNDP, UNHCR, UNRWA, UNWFP, UNWOMEN, UNICEF, UNFPA, UNDP, UNHCR, UNRWA, UNWFP, UNWOMEN

Further information: n.kodriati@nuigalway.ie

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Kuosmanen, T., Fleming, T. M., & Barry, M. M. (2018). Using computerized mental health programs in alternative education: understanding the requirements of students and staff. *Health Communication*, 33(6), 753-6:1-9. [doi:10.1080/10410236.2017.1309620](https://doi.org/10.1080/10410236.2017.1309620)

Matvienko-Sikar, K., Kelly, C., Sinnott, C., McSharry, J., Houghton, C., Heary, C., Toomey, E., Byrne, M., & Kearney, P. M. (2018). 'Parental experiences and perceptions of infant complementary feeding: a qualitative evidence synthesis'. *Obes Rev*, 19(4), 501-517. [doi: 10.1111/obr.12653](https://doi.org/10.1111/obr.12653)

Matvienko-Sikar, K., Griffin, C., McGrath, N., Toomey, E., Byrne, M., Kelly, C., Heary, C., Devane, D., & Kearney, P. M. (2018). Developing a Core Outcome Set for Childhood Obesity Prevention: A Systematic Review. *Maternal & Child Nutrition*. [doi:10.1111/mcn.12680](https://doi.org/10.1111/mcn.12680)

McKenna, V. B., Sixsmith, J., & Barry, M. M. (2018). A Qualitative Study of the Development of Health Literacy Capacities of Participants Attending a Community-Based Cardiovascular Health Programme. *International Journal of Environmental Research and Public Health*, 15(6), E1157. [doi:10.3390/ijerph15061157](https://doi.org/10.3390/ijerph15061157)

Moreau, N., Költő, A., Young, H., Maillachon, F., & Godeau, E. (2018). Negative feelings about the timing of first sexual intercourse: findings from the Health Behaviour in School-aged Children study. *International Journal of Public Health*, 1–9. Advance online publication. [doi:10.1007/s00038-018-1170-y](https://doi.org/10.1007/s00038-018-1170-y)

Murphy, C., Barry, M. M., & Nic Gabhainn, S. (2018). Programme implementation in schools: conceptualisations from Irish teachers. *Health Education*, 118, 483-498. [doi:10.1108/HE-11-2017-0062](https://doi.org/10.1108/HE-11-2017-0062)

Power, M. & Leonard, R. (2018). Speech and language therapy students' perspectives on ethical dilemmas. *Journal of Clinical Speech and Language Studies*, 23, 79-103.

Young, H., Burke, L., & Nic Gabhainn, S. (2018). Sexual intercourse, age of initiation and contraception among adolescents in Ireland: findings from the Health Behaviour in School-aged Children. *BMC Public Health*, 18(1), 362. [doi:10.1186/s12889-018-5217-z](https://doi.org/10.1186/s12889-018-5217-z)

Reports

Barry, M. M. and the Expert Panel on Effective Ways of Investing in Health (EXPH), European Commission. EXPH, Barry, M. M. (2018). *Application of the ERN model in European cross border healthcare cooperation outside the rare diseases area*. Brussels: European Commission, DG SANTÉ. [doi:10.2875/562372](https://doi.org/10.2875/562372)

Dowling, K., Ryan, J., Ward, K., Sheridan, A., & Barry, M. M. (2017). *MindOut Youth Worker and Tutor Manual 2.0 – Promoting Social and Emotional Wellbeing: A programme for young people in youth settings* (2nd Edition). Health Promotion Research Centre, National University of Ireland Galway, the Health Service Executive & the National Youth Council of Ireland.

Doyle, K., Field, C.A., & Nic Gabhainn, S. (2018). *Galway city strategy to prevent and reduce alcohol related harm (2013-2017): Evaluation*. Galway: Health Promotion Research Centre, NUI Galway.

Dowling, K., & Barry, M. M. (2018). *Executive Summary Report: An Evaluation of the MindOut Programme in Disadvantaged Post-Primary Schools*. Galway: Report developed for the Health Service Executive at the Health Promotion Research Centre, NUI Galway.

EXPH, & Barry, M. M. (2018). *Benchmarking Access to Healthcare in the EU*. Brussels: European Commission, DG SANTÉ. [doi:10.2875/593839](https://doi.org/10.2875/593839).

EXPH, & Barry, M. M. (2018). *Tools and Methodologies for Assessing the Performance of Primary Care*. Brussels: European Commission, DG SANTÉ. [doi:10.2875/491523](https://doi.org/10.2875/491523)

EXPH, & Barry, M. M. (2018). *Innovative Payment Models for High-Cost Innovative Medicines*. Brussels: European Commission, DG SANTÉ. [doi:10.2875/835008](https://doi.org/10.2875/835008)

EXPH, & Barry, M. M. (2018). *Preliminary Report on Vaccination Programmes and Health Systems in Europe*. Brussels: European Commission DG SANTÉ. [doi:10.2875/18503](https://doi.org/10.2875/18503)

Field, C.A., & Nic Gabhainn, S. (2018). Galway city strategy to prevent and reduce alcohol related harm: Evaluation. Written Case Study and Oral Presentation at the *World Health Organization Healthy Cities Conference*, Belfast, October 2018.

Field, C.A., & McDarby, G. (2018). *Bridging the Care Gap: Palliative Day Care Services: Evaluation of Galway Hospice Palliative Day Care Services*. A report produced by the Health Promotion Research Centre, National University of Ireland Galway.

Hodgins, M., Pursell, L., Hogan, V., MacCurtain, S., Mannix-McNamara, P., & Lewis, D. (2018). *Irish workplace behaviour study [Final Report]*. Health Promotion Research Centre, NUI Galway.

Hussein, Y., Nic Gabhainn, S., Kelly, C., & Barry, M. M (2018). *Life Skills Education for Enhancing Health Literacy: Enabling Schools to Prevent Non-Communicable Diseases (NCDS)*. Report to the Health Promotion Unit, World Health Organisation Headquarters, Geneva.

Kavanagh, A., Daniels, N., Burke, L., Kelly, C., Kolto, A., & Nic Gabhainn, S. (2018). *Participation of young people in a national research project: Identifying new priorities for the Health Behaviour in School-aged Children study Ireland*. Report to the Child and Adolescent Health and Development Division of noncommunicable diseases and promoting health through the life-course, WHO Regional Office for Europe, Copenhagen.

Kelly, C., & Tully, L. (2018). *What parents think about weaning: an island of Ireland study*. Safefood. ISBN: 978-1-905767-84-7, www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Publications/Research%20Reports/Weaning-study.pdf

Kenny, U., Kelly, C., Nic Gabhainn, S., Barry, M. & Harrington, A. (submitted 2018). *Enhancing Health Literacy with Life Skills Education: A guidebook for Educators*. Report to the Health Promotion Unit, World Health Organisation Headquarters, Geneva.

Kenny, U., Kelly, C., & Nic Gabhainn, S. (2018). *Irish community perspectives on the HEPCOM learning platform*. Health Promotion Research Centre, NUI Galway: Galway.

Költő, A., Harrington, A., Kavanagh, A., Tyrrell, L. & Nic Gabhainn, S. (2018). *Short report: New questions for the Health Behaviour in School-aged Children (HBSC) study in Ireland: Pilot 2018*. Galway: Health Promotion Research Centre, NUI Galway.

Költő, A., & Nic Gabhainn, S. (2018). *HBSC Ireland 2014: self-reported height in 8 to 18 years old schoolchildren in Ireland based on the 2014 data from the Health Behaviour in School-aged Children (HBSC) study. Technical Report*. Galway, Ireland: Health Promotion Research Centre, NUI Galway.

Költő, A. & Nic Gabhainn, S. (2018). *Short report on attraction and love in schoolchildren in Ireland*. Health Promotion Research Centre, NUI Galway.

Költő, A., & Nic Gabhainn, S. (2018). *Attraction and love in schoolchildren in Ireland – Pilot. Technical report*. Galway, Ireland: Health Promotion Research Centre, NUI Galway. [doi:10.13025/S8792H](https://doi.org/10.13025/S8792H)

Költő, A., Harrington, A., Kavanagh, A., Tyrrell, L., & Nic Gabhainn, S. (2018). *New questions for the Health Behaviour in School-aged Children (HBSC) study in Ireland: Pilot 2018*. Galway, Ireland: Health Promotion Research Centre, NUI Galway. [doi:10.13025/S83G9N](https://doi.org/10.13025/S83G9N)

Költő, A. & Nic Gabhainn, S. (2018). *HBSC Ireland 2014: self-reported height in 8 to 18 years old schoolchildren in Ireland based on the 2014 data from the Health Behaviour in School-aged Children (HBSC) study*. Short report for Dr Carly Cheevers, Department of Public Health, HSE, Tullamore. Galway: Health Promotion Research Centre, NUI Galway.

McGregor, C. & Nic Gabhainn, S. (2018) *Public Awareness of Parenting, Prevention and Family Support Services: Population Survey Final Report*. Galway: UNESCO Child and Family Research Centre, National University of Ireland Galway.

Power, M., & D'Arcy, P. (2018). *Statutory registration awareness amongst social care workers*. Dublin: Social Care Ireland.

Sherlock, L. & Hodgins, M. (2018) *Proposal for the Development of an Accreditation Model for Healthy Workplaces*, report submitted to Department of Health.

Other

Dowling, K. (May, 2018). Determining the effectiveness of a social emotional wellbeing programme delivered in disadvantaged post-primary schools in Ireland. Awarded 2nd prize for best student presentation at the *College of Medicine Nursing and Health Science Postgraduate Research Conference*, NUI Galway.

Kerins, C. (2018). *Lifestyle Approaches to Cholesterol Management*. SPHeRE Programme, 2018. Available from: <http://www.sphereprogramme.ie/lifestyle-approaches-to-cholesterol-management/>

Költő, A. (2018). What have we learnt about children's health over 20 years? *RTÉ Brainstorm*, 26 Feb 2018.

Power, M. (2018, July). Smart patients: Holistic empowerment of patients to become experts in their own health. *The Link*.

Presentations

Barry, M.M. (2018). Competency-based approaches to quality assurance in Health Promotion: Developing the European CompHP Project and beyond. *International Union for Health Promotion and Education & Health Promotion Canada Accreditation Meeting* at Université de Montréal, Canada, 26 February, 2018.

Barry, M.M. (2018). Population mental health promotion: Conceptual, policy and implementation perspectives. Opening keynote address at Population Mental Health and Wellness Promotion: Clarifying the Roles of Public Health. *Pan-Canadian National Forum on the Role of Public Health in Mental Health Promotion*. Gatineau, Canada, 28 February, 2018.

Barry, M.M. (2018). Transatlantic perspectives on knowledge translation for health promotion, *HPRC Seminar Series*, NUI Galway, 26 March, 2018.

Barry, M.M. (2018). International Collaboration. Presentation to *Academic Career Support and Development Seminar Series CMNHS*, NUI Galway, 29 March, 2018.

Barry, M.M. (2018). Bridging the science-to-practice gap in developing interventions that promote youth mental health and wellbeing. Invited presentation at the *10th Finnish International Duodecim Symposium*, Sannäs, Finland 13-15 June, 2018.

Barry, M. M. (2018). Implementation strategies for promoting a mentally healthy society. Keynote presentation at 'Ahead by a Century: The Shape of Things to Come', *Canadian Mental Health Association 100th Anniversary Conference*, Montréal, 22 October, 2018.

Basquille, E., McKenna, V. B., Waldron, D., & Houlihan, A. (2018). An exploration of the needs of a cardiac population using a subjective quality-of-life measure. [Poster Presentation], *IAPC Annual Education and Research Seminar 2018*, Croke Park, Dublin, 01 Feb, 2018.

Basquille, E., McKenna, V. B., Waldron, D., & Houlihan, A. (2018). An exploration of the needs of a cardiac population using a subjective quality-of-life measure. [Poster presentation] *10th World Research Congress EAPC*, Bern Switzerland, 24- 26 May, 2018.

Basquille, E., McKenna, V. B., Waldron, D., & Houlihan, A. (2018). An exploration of the needs of a cardiac population using a subjective quality-of-life measure. [Online poster presentation] *International Palliative Care Network Conference*, 15 November - 15 December, 2018.

Burke, L., Nic Gabhainn, S., & Kelly, C. (2018). Social and lifestyle predictors of age of sexual initiation among adolescents in Ireland. [Poster Presentation], *The College of Medicine, Nursing and Health Sciences Postgraduate Research Day*, NUI Galway, May 2018.

Burke, L., Nic Gabhainn, S., & Kelly, C. (2018). Circumstances and behaviours associated with early first sexual intercourse among adolescents in Ireland. *HBSC 2018 Spring Meeting*, Warsaw June 2018.

- Burke, L., Nic Gabhainn, S., & Kelly, C. (2018). Stakeholder participation in planning of adolescent sexual health research translation. [Poster Presentation], *22nd Annual Health Promotion Conference: Participation and empowerment for health service users: Strengthening the circle*, NUI Galway, June 2018.
- Burke, L., Nic Gabhainn, S., & Kelly, C. (2018). Cultural and health factors associated with early sexual initiation. *Presented in a symposium at the Annual European Health Psychology Conference*, NUI Galway, August 2018.
- Byrne, N., Kilkelly, G., Geoghegan, J., McKenna, V. B., & Sixsmith, J. (2018). Improving Galway University Hospitals health literacy. [Poster Presentation], *22nd Annual Health Promotion Conference: Participation and empowerment for health service users: Strengthening the circle*, NUI Galway, Ireland, 07 June 2018.
- Clarke, N., Fitzgerald, A., Heary, C., Kelly, C., & Nixon, E. (2018). Parental modeling of healthy eating and parental restriction of unhealthy foods: Effects on child body image and dietary patterns *Appearance Matters*. UK, July 2018.
- D'Arcy, P., & Power, M. (2018). Registration awareness study. [Invited Oral Presentation], *Social Care Ireland Conference 2018: Working with strengths and abilities*, Athlone, 21-22 March 2018.
- Dashdondog, S. & Kelly, C. (2018). Examining determinants of eating patterns in preschool settings in disadvantaged areas in Ireland. Presentation at the *27th Nutrition Society Irish Section Postgraduate Annual Conference*, Belfast, UK. 15 February 2018.
- Dashdondog, S. & Kelly, C. (2018). Applying participatory research with preschool children in childcare settings to explore dietary behaviours. Presentation at *Children and Young People's Services Committee (CYPSC) Workshop for Galway Childcare Practitioners*, Galway, Ireland. 8 March 2018.
- Dashdondog, S. & Kelly, C. (2018). Applying participatory research with children in preschools to explore dietary behaviours. Presentation at the *CMNHS Annual Postgraduate Research Day 2018*, NUI Galway, Galway, Ireland. 17 May 2018.
- Dashdondog, S., & Kelly, C. (2018). Examining determinants of eating patterns in preschool settings in Ireland. Presentation at the *32nd Annual Conference of the European Health Psychology: Health Psychology Across the Lifespan: Uniting Research, Practice and Policy*, Galway, Ireland. 21- 25 August 2018.

- Dashdondog, S., & Kelly, C. (2018). Using creative research methods to explore food perceptions and preferences among preschool children in Ireland. Presentation at the *10th IUHPE European Conference and International Forum for Health Promotion Research: Implementing Health Promotion in the Life Course - User Involvement in Practice and Research*, Trondheim, Norway. 24-26 September 2018.
- Dowling, K., Simpkin, A., & Barry, M. M. (2018). Determining the effectiveness of a social emotional wellbeing programme delivered in disadvantaged post-primary schools in Ireland. Oral presentation at the *College of Medicine Nursing and Health Science Postgraduate Research Conference*, NUI Galway. May, 2018.
- Dowling, K., Simpkin, A., & Barry, M. M. (2018). Evaluating the implementation of a social emotional well-being programme in disadvantaged post-primary schools. Oral presentation at the *European Health Psychology Conference*, Galway, Ireland. August, 2018.
- Field, C.A., & McDarby, G. (2018). *Bridging the Care Gap: Palliative Day Care Services*. Oral presentation of evaluation findings at Galway Hospice, 18 September, 2018.
- Field, C.A., & Nic Gabhainn, S. (2018). Galway City Strategy to Prevent and Reduce Alcohol Related Harm: Evaluation. Presentation at *World Health Organization International Healthy Cities Conference Belfast*, October 2018
- Fox, K. A., Kelly, C., & Molcho, M. (2018). An examination of adolescent' beliefs and perceived injunctive norms around peer drinking behaviours over time. Presented as part of the symposium: 'You Only Live Once': Youth Culture and Health at the *European Health Psychology Conference*, Galway, Ireland. August, 2018.
- Gallagher, N., & Sixsmith, J. (2018). Exploring older adults' communication with their GP and how a photo-story health literacy intervention may help. Poster presentation presented at the *22nd Annual Health Promotion Conference: Participation and empowerment for health service users: Strengthening the circle*, NUI Galway, Ireland, 7 June 2018
- Hodgins, M. (2018) *Summary Findings Irish Workplace Behaviour Study*, IOSH Western Chapter Seminar, NUI Galway, February 2018
- Hodgins, M. (2018). Capacity Building for Workplace Wellness- the postgraduate Certificate in Health Promotion, *ICOH International Congress, Dublin Convention Centre*, April 29-May 4. 2018.
- Hodgins, M., Hogan, V., Pursell L., Mannix-McNamara, P., MacCurtain, S., & Lewis, D. (2018). The importance of the work environment for Workplace Ill Treatment. *International Association on Workplace Bullying and Harassment*, Bordeaux, 6-8 June 2018.
- Hodgins, M., Hogan V., Pursell, L., Mannix-McNamara, P., MacCurtain, S., & Lewis, D. (2018). Demi-Gods and Spinning tops: Workplace Bullying and Power Culture. *International Association on Workplace Bullying and Harassment*, Bordeaux, 6-8 June 2018.

- Hodgins, M. (2018). Ill treatment in the Irish workplace - Findings from the Irish Workplace Behaviour Study, *Population Health Seminar Series*, NUI Galway, 20 November 2018.
- Hogan, V., Lewis, D., MacCurtain, Sarah., Mannix-Mcnamara, P., Pursell, L., & Hodgins M. (2018). Workplace ill-treatment in Ireland: findings from the Irish Workplace Behaviour Study. *International Association on Workplace Bullying and Harassment*, Bordeaux, 6-8 June 2018.
- Kairey, L., Harrington, J. M., Matvienko-Sikar, K., Kelly, C., McKinley, M., O'Connor, E. M., Kearney, P. M., & Woodside, J. V. (2018). Serving up appropriate portion sizes for children: a mixed methods systematic review of parental portioning practices. *Downsizing for Portion Control*, University of Leeds, United Kingdom, January 2018.
- Kairey, L., Matvienko-Sikar, K., Kelly, C., McKinley, M., O'Connor, E. M., Kearney, P. M., Woodside, J. V. & Harrington, J. M. (2018). Portion size in parents' eyes: a mixed methods systematic reiew of parental portioning practices for their children, *European Congress on Obesity*, Vienna, Austria, May 2018.
- Kairey, L., Harrington, J. M., Matvienko-Sikar, K., Kelly, C., McKinley, M., O'Connor, E. M., Kearney, P. M., & Woodside, J. V. (2018). Parental food and beverage portioning practices? A systematic mixed methods review *ISBNPA; Advancing Behaviour Change Science*, Hong Kong, 3- 6 Jun 2018.
- Kaper, M., Sixsmith, J., Meijering, L., Vervoordeldonk, J., Doyle, P., Barry, M. M., de Winter, A., & Reijneveld, S. A. (2018). How to improve patient-communication? Impact of organisational health literacy interventions in Ireland and the Netherlands. Belfast: Oral presentation presented at the 5th UK Health Literacy Conference, February 2018.
- Kaper, M., de Winter, A., Bevilacqua, R., Giammarchi, C., McCusker, A., Sixsmith, J., Koot, J. A. R., & Reijneveld, S. A. (2018). Outcomes of a comprehensive Health Literacy Communication training for health professionals in three European Countries. Poster presentation presented at the 5th UK Health Literacy Conference, Belfast, February 2018.
- Kelly, C. (2018) 'Solid advice': Parents' experiences of complementary feeding and related advice. *Health Promotion Seminar Series*, NUI Galway, 29 January 2018.
- Kelly, C. (2018). Workshop on family style dining in early years settings with Early Years Practitioners, *Galway City Childcare Committee*. Clybaun Hotel, Galway, 08 March 2018.
- Kelly, C. (2018.) Early Years Settings as supportive environments for healthy food behaviours. *Early Years Practitioners and Policy Makers conference: Time & Space: Developing Enabling Environments that Nurture and Inspire*, ILAS, NUI Galway, 24 March 2018.
- Kelly, C. (2018). Parental experiences of weaning. *Healthy Futures Group, Public Health Agency, Health and Social Care Northern Ireland*, Belfast. 11 May 2018.

Kelly, C., O'Shea, G, Kenny, U., & Callaghan, M. (2018). Adolescent perceptions of local food environments: 'it would take a lot of effort to eat healthy' ASOI: *Environmental determinants of food consumption and obesity*. RCSI, Dublin, 14 May 2018.

Kelly, C. (2018). School food environments and adolescent health. Presented at the 32nd Conference of the EHPS 'Health Psychology Across the Lifespan: Uniting Research, Practice and Policy'. Galway, August 2018.

Kerins, C., McSharry, J., Hayes, C., Perry I. J., Geaney, F., & Kelly, C. (2018). Barriers and facilitators to implementation of calorie menu labelling interventions in food service establishments: a mixed methods systematic review. ASOI: *Environmental determinants of food consumption and obesity*. RCSI, Dublin, 14 May 2018.

Kerins, C., McSharry, J., Hayes, C., Perry, I. J., Geaney, F., & Kelly, C. (2018). Barriers and facilitators to implementation of menu labelling interventions to support healthy food choices: A mixed methods systematic review. Oral session presented at the *College of Medicine, Nursing and Health Sciences PostGraduate Research Day*. NUI Galway, May 2018.

Kerins, C., McSharry, J., Hayes, C., Perry I. J., Geaney, F., & Kelly, C. (2018). Barriers and facilitators to implementation of calorie menu labelling interventions in food service establishments: a mixed methods systematic review *ISBNPA: Advancing Behaviour Change Science*. Hong Kong, 3-6 Jun 2018.

Kerins, C., McSharry, J., Hayes, C., Perry, I. J., Geaney, F., & Kelly, C. (2018). Barriers and facilitators to implementation of calorie menu labelling interventions in food service establishments: a mixed methods systematic review. Hong Kong: Poster session presented at the *International Society of Behavioral Nutrition and Physical Activity 2018 Conference*, June 2018

Kerins, C., McSharry, J., Hayes, C., Perry, I. J., Geaney, F., & Kelly, C. (2018). Barriers and facilitators to implementation of calorie menu labelling interventions in food service establishments: a mixed methods systematic review. London: Poster session presented at the *1st Implementation Science Annual Research Conference*, July 2018.

Kerins, C. (2018). Implementation of mandatory calorie menu labelling in Ireland: exploring the opportunities and challenges. Dublin: *Presentation to the Department of Health*, September 2018.

Kerins, C. (2018). What actions should be taken to improve the practice of preventive cardiology? *Panel Discussion at the ASPIRE-3-PREVENT National Meeting*, London, September 2018.

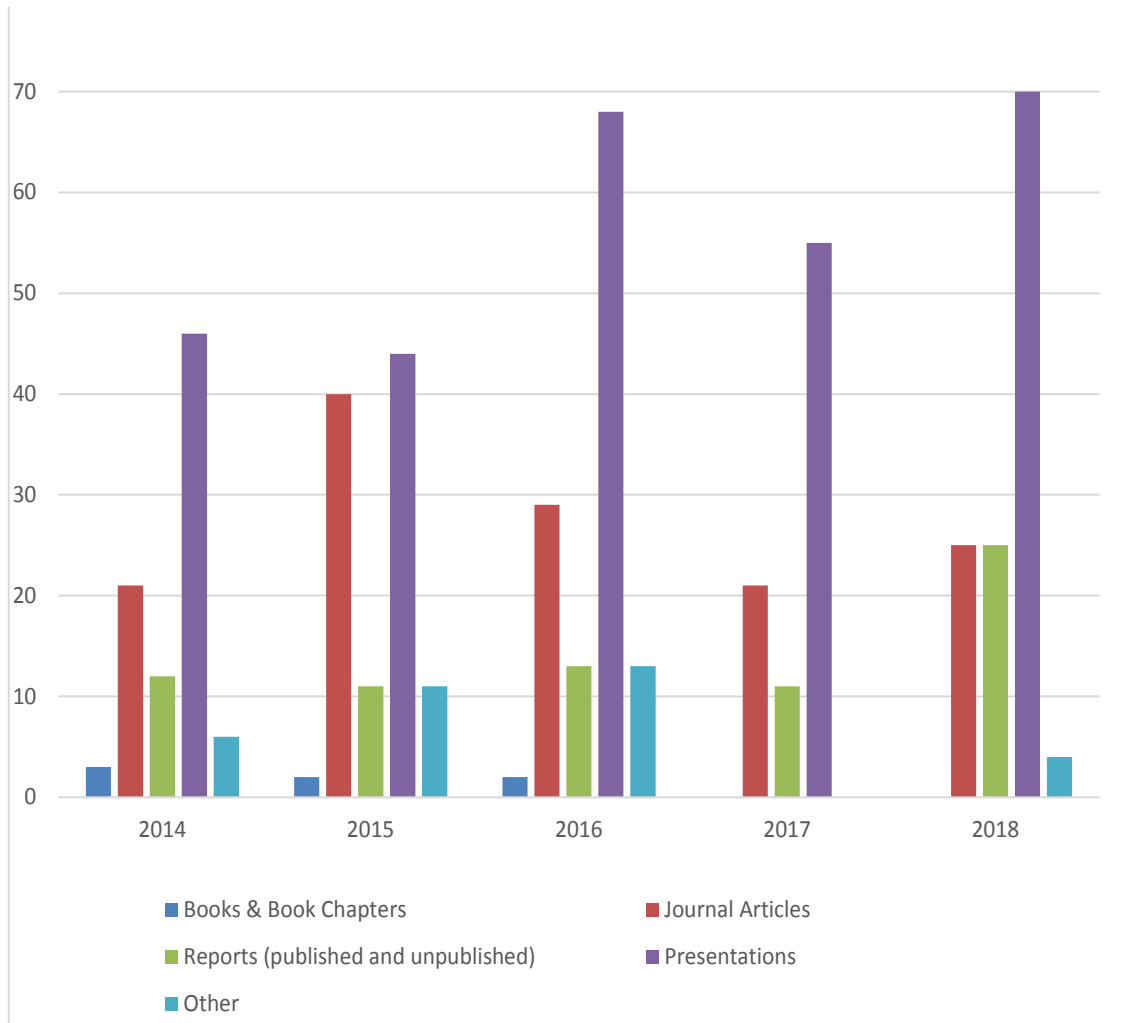
Kerins, C., McSharry, J., Hayes, C., Perry, I. J., Geaney, F., & Kelly, C. (2018). Barriers and facilitators to implementation of menu labelling interventions to support healthy food choices: A mixed methods systematic review. Oral session presented at the *Global Evidence and Implementation Summit*, Melbourne, October 2018.

- Kerins, C. (2018). Barriers and facilitators to implementation of menu labelling interventions to support healthy food choices: A mixed methods systematic review. *Presentation at UCC Implementation Science Seminar, Cork, November 2018.*
- Költő, A. (2018). Az LMBT+ egészségparadoxon [The LGBT+ health paradox. In Hungarian]. Invited plenary talk at Current Issues in LGBTQ+ Psychology: The 1st Conference of the LGBTQ Section of the Hungarian Psychological Association, Budapest, Hungary, 11–12 May 2018.
- Költő, A. (2018). A Persistent Inequality in Gender and Sexual Minority Adolescents' Health: Evidence from the Health Behaviour in School-aged Children (HBSC) Study. Invited talk at the *Excellence in Pediatrics Conference, 10th Edition, Prague, Czech Republic, 6–8 December 2018.*
- Költő, A. (2018). Adolescent romantic attraction and health. Invited plenary talk at the *1st International Scientific Conference on Children and Adolescents' Health – Pedagogical Implications, Warsaw, Poland, 20 June 2018.*
- Költő, A., & Nic Gabhainn, S. (2018). Assessing romantic attraction in adolescents across Europe: Health correlates and practical considerations. Oral presentation at the *International MAG Convention: The Image of the Self, Lviv, Ukraine, 27–29 June 2018.*
- Költő, A., & Nic Gabhainn, S. (2018). Romantic attraction and psychosomatic symptoms in adolescents from eight European countries. Oral presentation at the *32nd Conference of the European Health Psychology Society: Health Psychology Across The Lifespan: Uniting Research, Practice and Policy, Galway, Ireland, 21–25 August 2018.*
- Költő, A. (2018). A Persistent Inequality in Gender and Sexual Minority Adolescents' Health: Evidence from the Health Behaviour in School-aged Children (HBSC) Study. Invited talk at the *Excellence in Pediatrics Conference, 10th Edition, Prague, Czech Republic, 6–8 December 2018.*
- Kodriati, N., Pursell, L., & Hayati, E. N. (2018). [Poster Presentation]. Strategies for successful male involvement in the population-based survey: Lessons learned from UN Multi-Country Survey. *Annual Conference of the European Health Psychology Society, NUI Galway, Galway, August 2018.*
- Kodriati, N., Pursell, L. & Hayati, E. N. (2018). [Oral Presentation]. Indonesian male smokers' profile: At what age do they start daily smoking? *12th Asia Pacific Conference on Tobacco or Health (APACT), Nusa Dua, Bali, September 2018.*
- Kodriati, N., Pursell, L., & Hayati, E. N. (2018). [Poster presentation]. A secondary analysis of UN multi-country masculinity survey of how early Indonesian males started their daily smoking. *The 10th International Union for Health Promotion and Education (IUHPE), Trondheim, Norway, September 2018.*

- Mannix-McNamara, P., Hodgins, M., Hogan, V., & Pursell, L. (2018). Over policed and under protected: the problematics of policy in workplace bullying *International Conference on Workplace Bullying and Harrassment, IAWBH 2018 Bordeaux*, 6-8 June 2018.
- McKenna, V. B., Byrne, N., & Sixsmith, J. (2018). Development of a participatory workshop to build staff capacity towards a sustainable health literate hospital environment. Poster presented at the *5th UK Health Literacy Conference*, Belfast, NI, 16th February, 2018.
- McKenna, V. B., Sixsmith, J., & Barry, M. M. (2018). A qualitative study of the facilitators in the development of health literacy capacities. [Oral Presentation], *5th Health Literacy UK conference*, Belfast, NI, 16 Feb 2018.
- McKenna, V., Sixsmith, J., & Byrne, N. (2018). Development of a participatory workshop to build staff capacity towards a sustainable health literate environment. [Oral Presentation], *22nd Annual Health Promotion Conference: Participation and empowerment for health service users: Strengthening the circle*, NUI Galway, Ireland, 07 Jun 2018.
- Nic Gabhainn, S. (2018) Health behaviour in school-aged children: 20 years of data collection. *Health Promotion Seminar Series*, NUI Galway, 19 February 2018.
- Nic Gabhainn, S. (2018). Promoting Health with Integrated Knowledge Translation. Invited presentation to the *HRB, HBCG & HSE meeting INTeRACT for Health: Increasing Integrated Knowledge Translation Capacity for Impact*. Galway, June 2018.
- Power, M., Letica Crepulja, M., Stevanovic, A., Franciskovic, T., Brulke, B., Bercko Eisenreich, Eisenreich, W. S., Silva, R., De Lurdes Silva Ponte, S., Morim Fernandes, S., Balaouras, P., Butekova, J., & Tsibanis, K. (2018). *Smart patients: Holistic empowerment of patients to become experts in their own health*. Conference Poster.
- Pursell, L., Hogan, V., Lewis, D., MacCurtain, S., Mannix-McNamara, P., & Hodgins, M. (2018). Relationships between those experiencing and perpetrating workplace ill-treatment *International Conference on Workplace Bullying and Harrassment, IAWHB 2018 Bordeaux*.
- Tully, L., Kearney, P. M., Woodside, J. V., McKinley, M. C., Dean, M., Spyreli, E., & Kelly, C. (2018). Solid Advice: Complementary feeding experiences among disadvantaged parents in two countries. *European Congress on Obesity. Vienna, Austria ECO: European Congress of Obesity*, May 2018.

Publications 2014-2018

The HPRC undertakes a range of dissemination activities which includes: 54 peer reviewed publications, reports both published and unpublished as well as 70 oral and poster presentations at national and international conferences. Dissemination in relation to these activities over the last 5 years is presented in the graph below.



HPRC Governance



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Governance Structure

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

Steering Committee

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

International Advisory Board

The International Advisory Board consists of representatives from Health Promotion practice, policy and research at national and international level and key NUI Galway staff. The board meets on an annual basis and met on the 10th April 2018. Many thanks to all our members for their contributions to this board and also to Professor John Laffey, Dr Aengus Parsons and Dr Mary Fleming who attended this year's meeting as nominated university representatives.

External Members

Professor Dame 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 David J Hunter, Professor of Health Policy and Management, Newcastle University
 Dr Cate Hartigan, Head of Health Promotion and Improvement, Health Service Executive
 Ms Bidy O'Neill, National Project Lead, Health and Wellbeing Programme, Department of Health.

University Members

Professor Lokesh Joshi, Vice-President for Research, Research Office, National University of Ireland Galway
 Professor Tim O'Brien, Dean of the College of Medicine, Nursing and Health Sciences, National University of Ireland Galway
 Dr Cathal O'Donoghue, Dean of the College of Arts, Social Sciences and Celtic Studies, National University of Ireland Galway
 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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Health Promotion scholars celebrating Dr Lindsay Sullivan's graduation

