



**NUI Galway**  
**OÉ Gaillimh**

# **Health Promotion Research Centre**

## **Annual Report**

**January – December, 2013**



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# Welcome

We are pleased to present the 2013 Annual Report of the Health Promotion Research Centre (HPRC) at the National University of Ireland Galway. The year has seen a consolidation of our research activity with longer term international studies to the fore, with HPRC leading on some and participating as partners in others. There is a discernible increase in all dissemination activities and information on all research projects can be accessed on our web site ([www.nuigalway.ie/hprc](http://www.nuigalway.ie/hprc)).

We have developed further our established network links with researchers and research centres both nationally and internationally. This will ensure we are well positioned to take advantage of collaborative funding opportunities in 2014. Our successful collaboration with the WHO Regional Office for Europe and the WHO Geneva Office is set to continue with the re-designation of our WHO Collaborating Centre for Health Promotion Research. This is a major achievement and we look forward to an innovative and exciting four year programme of work led by Professor Margaret Barry.

The HPRC's position in Europe as a leader in the field of Health Promotion and our re-designation as a WHO Collaborating Centre for Health Promotion Research is due in no small part to the combined efforts and dedication of all those working in the Centre, as ever my thanks to all involved.



Dr Jane Sixsmith

Director

Health Promotion Research Centre

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



*Participants at the WHO Partnership Working Meeting, Galway*

In October 2013 we received re-designation as a World Health Organization (WHO) Collaborating Centre for Health Promotion Research for a further four year period up to 2017. The overall aim of the Collaborating Centre is to support the WHO work programme in building health promotion capacity through the translation of health promotion research into policy and practice. Under the leadership of Professor Margaret Barry, we look forward to working with the WHO Regional Office for Europe and WHO Geneva Office on the programme of research activities, further details of which may be found at <http://www.nuigalway.ie/hpr/research/whocentre.html>.

In May 2013, we hosted a WHO Partnership Working Meeting with the WHO Regional Office for Europe and the Directors of 10 WHO Collaborating Centres in the European region. This meeting focused on WHO priorities and collaborative actions in Europe and was addressed by Health Promotion experts from; the WHO Regional Office for Europe, EuroHealthNet, International Union for Health Promotion and Education, and the Department of Health, Health Service Executive and the Public Health Institute in Ireland.

# Research Projects

## Adolescent Sexual Health: Data, Development and Dissemination

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

The Adolescent Sexual Health: Data, Development and Dissemination (DDD-ASH) project has involved a systematic analysis of the sexual health behaviour data collected by the 2010 Irish Health Behaviours in School-aged Children (HBSC) study. The HBSC study is a school-based cross-national, WHO collaborative research project conducted in 43 countries. It aims to gain insight into, and increase our understanding of young people's health and well-being, and health behaviours in their social and developmental context. Data are collected every four years in each participating country using a collaboratively developed research protocol.

The DDD-ASH project comprised multiple stages with detailed quantitative analysis of the 2010 HBSC data on sexual behaviour of young people aged 15-18 years. The first stage of the project explored the sexual behaviour and contraceptive use of adolescents in Ireland. The second stage involved a secondary analysis of the HBSC Ireland data along with data from two studies of adults (the Irish Contraception and Crisis Pregnancy Study (ICCP) and the Irish Study of Sexual Health and Relationships). These analyses drew on data on sexual initiation and early sexual behaviour and contraceptive use within the youngest cohorts of both adult samples. The third stage of the analysis replicated internationally published research on factors associated with early sexual intercourse and contraceptive use.

The fourth stage of the DDD-ASH research project identified the most appropriate questions to include in the 2014 HBSC study. Following collaboration with the international HBSC sexual health focus group, questions for the inclusion in the HBSC 2014 study relating to romantic relationships and first sexual intercourse have been identified. As part of the DDD-ASH project these questions have been piloted for acceptability and understanding with 233 students in Ireland. The findings have been submitted to the international network. A test re-test of these questions has also been conducted with 63 students in Ireland.

The final stage of the project has involved focus group discussions with stakeholders including young people, parents, teachers and youth workers to identify the most effective data dissemination pathways. At present nine focus groups have been conducted and a report is underway. This phase of the research is currently on-going.

### **Dissemination Activities**

Dissemination of the DDD-ASH research findings has involved four peer-reviewed research reports and one published article

[http://www.hse.ie/eng/staff/Leadership\\_Education\\_Development/National\\_Institute\\_of\\_Health\\_Sciences/Research\\_Bulletin/nihresearchbulletinvol7iss1.pdf](http://www.hse.ie/eng/staff/Leadership_Education_Development/National_Institute_of_Health_Sciences/Research_Bulletin/nihresearchbulletinvol7iss1.pdf). Presentations of the findings have also been made at national and international conferences.

Burke, L., & Nic Gabhainn, S. (2013). Towards a national sexual health policy: students and non-students sexual risk behaviours. Presented at the *17th Annual Health Promotion Conference Health in All Policies: Strengthening Multisectoral Health Promotion in an Irish Context*. Galway, 29 May 2013.

Young, H., Burke, L. & Nic Gabhainn, S. (2013). Evidence based sexual health policies: The role of the Health Behaviour in School-aged Children Study (HBSC). Presented at the *17th Annual Health Promotion Conference Health in All Policies: Strengthening Multisectoral Health Promotion in an Irish Context*. Galway, May 2013.

Young, H., Burke, L. & Nic Gabhainn, S. (2013). Sexual health questions for use in the HBSC study 2013/2014: findings from an international pilot study. Presented at the *HBSC 30th Anniversary Conference*. St Andrews, 18 June 2013.

Young, H., Burke, L. & Nic Gabhainn S. (2013). Sexual behaviour, initiation and contraceptive use among adolescents in Ireland An analysis of the Health Behaviour in School-aged Children (HBSC) Study [Oral Presentation] *National Sexual Health Awareness Week 2013* Dublin, 12 Nov 2013.

## Agency and Agencies: The Dynamics of Agency Working Arrangements in Social Care

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

Researchers: Dr. Martin Power & Mr. James Cantwell

A recent announcement by the National Recruitment Federation (NRF) In Ireland noted that the number of agency workers had exceeded 50,000 ([www.nrf.ie](http://www.nrf.ie)). At a broad level this can be viewed as the latest manifestation of the shift toward flexible working, which had its origins in the macro-economic and ideological milieu of the 1970s (Kallberg, 2009). Nonetheless, it appears that the current economic climate is transforming this trend in a manner not observed previously, particularly within social services. For example, while social service areas such as social work have seen a substantial increase in agency staff over the last two decades (Carey, 2011), agency staff have traditionally been deployed as short-term cover or for specific projects. Today, agency staff are being deployed to core roles (Hoque, Kirkpatrick, Lonsdale & De Ruyter, 2011; Manthrope, Cornes & Moriarty, 2012).

In Ireland, against a backdrop of recruitment moratoriums and embargos, this trend is becoming increasingly obvious in areas such as residential social care. This is particularly important, since social care has only recently received legislative recognition as a discreet profession (Health and Social Care Professional Act, 2005). Thus, an emerging profession is confronted by the challenge of establishing an identity in a changing environment. More importantly, the flexibility of agency working arrangements stands in marked contrast to the emphasis in social care on consistency in relationships. This study, therefore, seeks to explore, through the use of semi-structured interviews, the perspectives of care managers, recruitment managers and social care workers regarding the advantages and disadvantages of agency working arrangements.

### Dissemination Activities

Power, M., & Van Lente, E. (2012) *Caring about care planning - A survey of assessment and care planning tools, processes and perspectives from residential care settings for older people in the Republic of Ireland*. Report. Health Promotion Research Centre, National University of Ireland Galway.

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

Principal Investigator: Professor Margaret Barry  
Researchers: Dr. Aleisha Clarke, Ms. Tuuli Kuosmanen  
Funder: Inspire Foundation Ireland and the Young and Well  
Cooperative Research Centre, Australia

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

A systematic review of the evidence of online mental health promotion and prevention interventions for young people was completed in 2012. Following this, a needs assessment survey was conducted with parents of students in 2<sup>nd</sup> and 5<sup>th</sup> year in secondary schools (N = 355) in Ireland. A series of focus groups with parents was also carried out nationally to explore their use of technology and their views on the development of online resources to support parents’ needs in relation to youth mental health. The parents’ needs assessment report was launched in September, 2013 at the Technology for Well-Being International Conference in Dublin.

An online needs assessment survey was also conducted with a national sample of 900 adult stakeholders, including teachers, youth workers, health and mental health professionals in order to explore the potential use of online technologies in their work with young people. The views of young people on the development of these resources for adult gatekeepers are also ascertained through participative methods. This research will guide the development of tailored online resources that connect adults with the promotion of youth mental health in meaningful ways.

### Dissemination Activities

Clarke, A.M., Kuosmanen, T., Chambers, D. & Barry, M.M. (2013). *Bridging the Digital Disconnect: Exploring Parents’ Views on Using Technology to Promote Young People’s Mental Health*. A report produced by the Health Promotion Research Centre, National University of Ireland Galway and Inspire Ireland Foundation in collaboration with the Young and Well Cooperative Research Centre, Melbourne, Australia. Accessible at: [youngandwellcrc.org.au](http://youngandwellcrc.org.au).

Barry, M.M. (2013). Using technologies to promote young people's mental health and wellbeing. Keynote presentation to *Technology for Well-being International Conference*, 25-26 September, Dublin, Ireland.

Clarke, A.M. (2013). Bridging the Digital Disconnect: Exploring parents' views on using technologies to promote young people's mental health. Keynote presentation to *Technology for Well-being International Conference*, 25-26 September, Dublin, Ireland.

Clarke, A.M., Kuosmanen, T., & Barry, M.M. (2012). *Systematic Review of the Evidence on the Effectiveness of Online Mental Health Promotion and Prevention Interventions for Young People*. Health Promotion Research Centre, National University of Ireland Galway.

Clarke, A.M. & Barry, M.M. (2012). *Bridging the digital disconnect – using technology to support young people's mental health needs*. Paper presented at the 7<sup>th</sup> World Conference on the Promotion of Mental Health and the Prevention of Mental and Behavioral Disorders. Perth, Australia, (Oct 2012).

Clarke, A.M. & Barry, M.M. (2012). *Bridging the digital disconnect – online technology and mental health professionals needs*. Workshop carried out at the 3<sup>th</sup> Association for Child and Adolescent Mental Health Conference: Promoting Youth Mental Health through Intervention, Engagement and Innovation. Limerick, (Septemebr 2012).

Barry, M.M. & Clarke, A. M. (2012). *Bridging the 'digital disconnect' – using technology to promote youth mental health and wellbeing*. Research Matters, National University of Ireland Galway. Issue 4, 4.

## Cancer Survivorship - Costs, Inequalities and Post-treatment Follow-up. Building Capacity to Meet the Challenges to the Health Service and Society

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

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

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

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

### Dissemination Activities

Thomas, A.A., Timmons A., Molcho M., Gallagher P., O'Neill C., Butow P., Goberman-Hill R., O'Sullivan E., Sharp L. (2013). Rurality and Quality of Life among Head and Neck Cancer Survivors in Ireland. [Oral Presentation] *Irish Cancer Society Survivorship Research Day* Dublin, Ireland, 2013-09-19.

## Profile: Dr. Audrey Alforque Thomas



Dr. Audrey Alforque Thomas is working in the HPRC as a postdoctoral researcher on the research project, [Cancer Survivorship – costs, inequalities and post-treatment follow-up](#). This programme of research is centred around building capacity for the health service and society to meet the challenges of supporting cancer survivors. The fellowship is a Health Research Board Interdisciplinary Enhancement Award, in collaboration with researchers at the National Cancer Registry Ireland and Dublin City University. Over the course of three years, Dr. Thomas will explore urban-rural variation in incidence, stage at diagnosis, treatment, survival, and quality of life of those diagnosed with cancer. The fellowship includes placements in the Cancer Council Queensland, Australia, and University of Bristol, UK.



## Developing Competencies and Professional Standards for Health Promotion Capacity Building in Europe (CompHP) (2009-2012)

Principal Investigator: Professor Margaret Barry and European partners  
Researchers: Ms. Colette Dempsey  
Project Manager: Ms. Barbara Battel-Kirk  
Funder: Health Programme of the European Union, Executive Agency for Health and Consumers

The CompHP project on ‘*Developing Competencies and Professional Standards for Health Promotion Capacity Building in Europe*’ (CompHP), was co-ordinated through the HPRC at NUI Galway in collaboration with 24 EU country partners. Based on an extensive consultation with health promotion experts employing the Delphi technique, focus groups and online platforms, the CompHP Project developed a consensus-based competency framework and system of professional standards and accreditation for health promotion practice, education and training in Europe. This framework forms the basis for a pan-European Accreditation System, which is currently being piloted by the International Union for Health Promotion and Education in Europe. Key publications from the project, including handbooks, reports, and framework documents translated into multiple languages have been widely disseminated in Europe and globally. A final project meeting was held in Galway in June 2012 and a symposium and launch of the final CompHP Project Handbooks took place in Tallinn, Estonia at the 9<sup>th</sup> IUHPE European Health Promotion Conference in September, 2012. Further project details and reports are available at:

<http://www.iuhpe.org/index.html?page=614&lang=en>.

### Dissemination Activities

Allegrante, J.P., Barry, M.M., Auld, E., Lamarre, M-C. (2012). Galway Revisited Tracking Global Progress in Core Competencies and Quality Assurance for Health Education and Health Promotion. *Health Education & Behavior*, 39(6):643-647.

Barry, M.M., Battel-Kirk, B., Davison, H., Dempsey, C., Parish, R., Schipperen, M., Speller, V., Zanden, van der, G., & Zilnyk, A. and the CompHP Partners (2012). *The CompHP Project Handbooks*. International Union for Health Promotion and Education. (IUHPE), Paris.

Barry, M.M., Battel-Kirk, B., Dempsey, C. (2012). The CompHP Core Competencies Framework for Health Promotion in Europe. *Health Education & Behavior*, 39 (6):648-662.

Battel-Kirk, B., Zanden, van der, G., Schipperen, M., Contu, P., Gallardo, C., Martinez, A., de Sola, SG;., Sotgiu, A., Zaagsma, M., Barry, M.M. (2012). Developing a Competency-Based Pan-European Accreditation Framework for Health Promotion. *Health Education & Behavior*, 39 (6):672-680 .

### **Presentations**

Barry, M.M., Battel-Kirk, B., Parish., R., Contu, P., Gallardo, C., Martinez, A., Zanden, van der, G., Pace, E., & Debenedetti, S.(2012). CompHP Project Symposium. *9th IUHPE European Health Promotion Conference: Health and Quality of Life - Health and Solidarity*. Tallinn, Estonia - 27<sup>th</sup> - 29<sup>th</sup> September 2012.

Barry, M.M., Battel-Kirk, B., Pocetta, G., & Debenedetti, S. (2012). Introduction to the CompHP Project: Developing Consensus on Competencies and Professional Standards for Health Promotion Capacity Building in Europe. Plenary Panel Symposium 16th Health Promotion Conference 2012 - *Embracing New Agendas for Health Promotion Action: Developing workforce competencies for effective practice* National University of Ireland, Galway (NUIG), Ireland, 21st June 2012.

Battel-Kirk, B., Contu, P., Gallardo, C., & Martinez, A. (2012). Implementation in Practice and Academic Settings, The CompHP Project: Developing Consensus on Competencies and Professional Standards for Health Promotion Capacity Building in Europe. Plenary Panel Symposium, 16th Health Promotion Conference 2012 - *Embracing New Agendas for Health Promotion Action: Developing workforce competencies for effective practice* National University of Ireland Galway (NUIG), Ireland, 21st June 2012.

Battel Kirk, B. (2012). Core Competencies, Professional Standards and Accreditation for Health Promotion in Europe – the CompHP Project. *Health Promotion in the Mediterranean Arc Symposium*, University of Girona, Spain, May 29-30th, 2012.

Dempsey, C, Parish, R., & Speller, V. (2012). Developing consensus on health promotion core competencies and professional standards. The CompHP Project: Developing Consensus on Competencies and Professional Standards for Health Promotion Capacity Building in Europe, Plenary Panel Symposium, 16th Health Promotion Conference 2012 - *Embracing New Agendas for Health Promotion Action: Developing workforce competencies for effective practice* in National University of Ireland Galway (NUIG ), Ireland, 21st June 2011

Gallardo, C., & Contu, P. (2012). CompHP: Determinar las competencias y los estándares profesionales para la capacitación en materia de promoción de la salud en Europa. *5th Latin-American and 4th Inter-American Health Promotion and Health Education Conference*, Mexico City, April 10-12, 2012.

Zanden, van der, G., & Battel-Kirk, B., (2012). Developing a pan-European accreditation framework, The CompHP Project: Developing Consensus on Competencies and Professional Standards for Health Promotion Capacity Building in Europe. Plenary Panel Symposium 16th Health Promotion Conference 2012 - *Embracing New Agendas for Health Promotion Action: Developing workforce competencies for effective practice* National University of Ireland Galway (NUIG), Ireland, 21st June 2012.

## Evaluation of the Longford/Westmeath Triple P Parenting Intervention

Principal Investigator: Drs. Saoirse Nic Gabhainn and Lisa Pursell

Researcher: Mr. Eric Van Lente

Funder: Longford/Westmeath Triple P

This project forms part of a larger evaluation of the Triple P (Positive Parenting Programme) Longford and Westmeath Parenting Partnership programme being conducted in conjunction with Drs. John Canavan and Allyn Fives of the Child and Family Research Centre and Dr. Caroline Heary of the School of Psychology, NUI Galway. Triple P is a population level public health programme of parenting and family support that includes a number of levels of intervention. The Triple P programme aims to prevent severe behavioural, emotional and developmental problems in children by enhancing parental confidence, knowledge and parenting skills. The project contributes population level surveys pre and post programme implementation to the evaluation process. Geographically defined intervention and comparison populations were sampled for both survey phases. The intervention population received exposure to the multi-level Triple P intervention and the comparison area was only partially or minimally exposed to the intervention. The before and after survey design enabled examination of intervention and prevention effects of the programme.

The baseline and post-intervention surveys recorded a number of demographic variables concerning the responding parent, the target child and their family setting. Assessment of children's behavioural and emotional problems included variables on children's strengths and difficulties. Assessment of parental awareness of health and mental health problems in children included parental awareness of physical and mental health problems for young people. Assessment of family risk factors included parental consistency and parental adjustment to parenting. Assessment of family protective factors included help-seeking behaviour, parental self-efficacy, parental social support. The post-intervention survey included variables concerning exposure to the different levels of the Triple programme. Both phases of the population survey and data analyses have been completed and a draft report has been submitted to the project funders.

## Evaluation of the Real U intervention in Foróige

Principal Investigator: Dr. Saoirse Nic Gabhainn with Dr. Bernadine Brady,  
Child and Family Research Centre, NUI Galway  
Researcher: Mr. Jakub Gajewski  
Funder: Best Practice Unit, Foróige

The 'Real U: Relationships explored and life uncovered' is a programme designed by Foróige, for use in their youth services. It is a personal development and sex education programme aimed at equipping young people with the skills, knowledge and confidence to develop healthy relationships and delay the onset of early sexual activity. The programme consists of both core and optional modules so that it can be tailored to the specific needs of participating young people. It has been designed in line with best practice in relationship and sexuality education.

During 2011 and 2012 Foróige staff around the country were trained in the provision of this programme, and large scale implementation began in September 2012. The evaluation of this roll-out was conducted with Dr. Bernadine Brady of the Child and Family Research Centre, NUI Galway and the Best Practice Unit of Foróige. The research plan comprised of an outcomes and process evaluation, documenting programme implementation and tracking participants over time. The process study focused on programme organisation, utilisation and fidelity. The design of the outcomes study was quasi-experimental, with a comparison group, and six-month follow-up of participants planned. All data were collected electronically, with linked data from participants at three time points over the academic year 2012-2013. A total number of 231 young people completed at least one online questionnaire. Data from all three time points were collected from 25 participants.

To date, the final report has been completed. Baseline data revealed that there was a need for the programme, with misinformation regarding sexual knowledge and prejudicial attitudes evident among a minority of the participants. Outcomes data showed statistically significant effects for the young people who had taken part in REAL U in relation to attitudes towards people who identify as Lesbian, Gay, Bisexual and Transgender (LGBT) and knowledge about sex.

## Establishing a Programme for Dissemination of Evidence based Health Communication Activities and Innovations on Communicable Diseases for Country Support in the EU and EEA 2009-12

Principal Investigator: Dr. Jane Sixsmith & Professor Margaret Barry  
Researchers: Ms. Priscilla Doyle, Ms. M. D'Eath & Ms. K.A. Fox  
Partners: Stirling University, Scotland, University of Navarra Clinic, Spain  
Funder: European Centre for Disease Prevention and Control (ECDC)

In 2009, ECDC<sup>3</sup> commissioned a Consortium of Universities<sup>4</sup> to undertake a three year research project, which aimed to enhance the optimal use and development of health communication for communicable diseases in EU and EEA countries. The project consisted initially of two main strands of work: primary information gathering (e-survey, telephone interviews and an expert consultation) and synthesis of evidence (series of nine reviews). The multiple outputs from these strands were then further analysed through a SWOC<sup>5</sup> analysis, and the results developed via an online expert consultation process. Finally all key project findings were considered using a public health capacity development framework, in order to consider future strategic actions required for strengthening capacity in Europe. All project activities are now completed and key findings are available in the publications listed below. ECDC website link <http://www.ecdc.europa.eu>.

### Dissemination Activities

Barry, M.M.; D'Eath, M.; & Sixsmith, J. (2013). Interventions for Improving Population Health Literacy: Insights From a Rapid Review of the Evidence. *Journal of Health Communication: International Perspectives*, 18, 1507-1522.

Sixsmith, J.; Doyle, P.; & Barry, M.M. (2013). Reporting Health Communication Activities for the Prevention and Control of Communicable Diseases in Europe. *Journal of Health Communication: International Perspectives*, 18, 1494-1506.

D'Eath, M., Barry, M.M., & Sixsmith, J. (2013). *A rapid evidence review of health advocacy for communicable diseases*. Stockholm: ECDC. Available from: <http://www.ecdc.europa.eu/en/publications/Publications/Health-advocacy-technical-report-January-2014.pdf>

<sup>3</sup> European Centre for Disease Prevention and Control (ECDC)

<sup>4</sup> Health Promotion Research Centre, National University of Ireland Galway, Ireland Institute for Social Marketing and Centre for Tobacco Control Research, University of Stirling, Scotland University of Navarra Clinic, Pamplona, Spain Knowledge to Action Framework (KTA)

<sup>5</sup> SWOC - strengths, weaknesses, opportunities, challenges

<sup>4</sup> Such as that described in the Knowledge to Action Framework (KTA)

Infanti, J., Sixsmith, J., Barry, M.M., Núñez-Córdoba, J., Oroviogicoechea-Ortega, C., & Guillén-Grima, F. (2013). *A literature review on effective risk communication for the prevention and control of communicable diseases in Europe*. Stockholm: ECDC. Available from:

[www.ecdc.europa.eu/en/publications/Publications/risk-communication-literary-review-jan-2013.pdf](http://www.ecdc.europa.eu/en/publications/Publications/risk-communication-literary-review-jan-2013.pdf).

Angus, K., Cairns, G., Purves, R., Bryce, S., MacDonald, L., & Gordon, R. (2013) Systematic literature review to examine the evidence for the effectiveness of interventions that use theories and models of behaviour change: towards the prevention and control of communicable diseases. Stockholm: ECDC. Available from:

[www.ecdc.europa.eu/en/publications/publications/health-communication-behaviour-change-literature-review.pdf](http://www.ecdc.europa.eu/en/publications/publications/health-communication-behaviour-change-literature-review.pdf).

Doyle, P., Sixsmith, J., Barry, M.M., Mahmood, S., MacDonald, L., O'Sullivan, M. et al. (2012). *Public health stakeholders' perceived status of health communication activities for the prevention and control of communicable diseases across the EU and EEA/EFTA countries*. Stockholm: ECDC. Available from:

[www.ecdc.europa.eu/en/publications/Publications/20120620\\_TER\\_StatusHealthComm.pdf](http://www.ecdc.europa.eu/en/publications/Publications/20120620_TER_StatusHealthComm.pdf).

MacDonald, L., Cairns, G., Angus, K., & Stead, M. (2012). Evidence review: social marketing for the prevention and control of communicable disease. Stockholm: ECDC. Available from:

[www.ecdc.europa.eu/en/publications/Publications/Social-marketing-prevention-control-of-communicable-disease.pdf](http://www.ecdc.europa.eu/en/publications/Publications/Social-marketing-prevention-control-of-communicable-disease.pdf).

Cairns, G., MacDonald, L., Angus K, Walker L, Cairns-Haylor, T., & Bowdler, T. (2012) Systematic literature review of the evidence for effective national immunisation schedule promotional communications. Stockholm: ECDC. Available from:

[www.ecdc.europa.eu/en/publications/Publications/Literature-review-national-immunisation-schedule-promotional-communications.pdf](http://www.ecdc.europa.eu/en/publications/Publications/Literature-review-national-immunisation-schedule-promotional-communications.pdf).

## Health Behaviour in School-aged Children, Ireland

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

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

Funder: Department of Health

Health Behaviour in School-aged Children (HBSC) is a cross-national research study conducted in collaboration with the WHO Regional Office for Europe. The HBSC study runs on an academic 4 year cycle and in 2010 there were 43 participating countries and regions ([www.hbsc.org](http://www.hbsc.org)). HBSC collects information on the key indicators of health, health attitudes and health behaviours, as well as the context of health for young people. The study aims are to gain new insight into, and increase our understanding of young people's health and wellbeing, health behaviours and their social context.

The HBSC study is school-based with data collected through self-completion questionnaires administered by teachers in classrooms. The survey instrument is a standard questionnaire developed by the international research network. In 2010 a nationally representative sample of primary and post-primary schools from the Republic of Ireland was selected. In total, 16,010 pupils took part in HBSC Ireland 2010.

This year we have continued with the dissemination of findings from the 2010 survey. In March, HBSC data was included in the latest State of the Nation's Children Report launched by Minister Fitzgerald. In September 2013 the Trends report was launched by Minister for Health, Dr. James Reilly. HBSC International celebrated its 30<sup>th</sup> Anniversary with a meeting in St. Andrew's University, Edinburgh, to which we brought six post-primary school students to contribute to the youth participation agenda for HBSC International. We have continued our work on journal articles, conference presentations and short reports to a range of public and community bodies in Ireland.

### Dissemination Activities

Pickett, W., Molcho, M., Elgar, F., Brooks, F., de Looze, M., Nic Gabhainn, S., Sigmundová, D., Gaspar de Matos, M., Craig, W., Walsh, S.D., Harel-Fisch, Y. & Currie, C. (2013). Trends and socioeconomic correlates of adolescent physical fighting in 30 countries. *Paediatrics*, 131(1), 18-26.

Gavin, A., Molcho, M., Kelly, C. & Nic Gabhainn, S. (2013). *The HBSC Ireland Trends Report 1998-2010: Child Health Behaviours, Outcomes and Contexts*. Dublin: Department of Health.

Kelly, C., Gavin, A., Gajewski, J., Molcho, M. & Nic Gabhainn, S. (2013). Exploring health outcomes for children in care & young carers using HBSC Ireland data: challenges and opportunities. Presented at the *Social Care Ireland conference, Change, Challenge, opportunity?* Limerick, March 2013.

More information on HBSC Ireland and all of our reports and publications can be downloaded from [www.nuigalway.ie/hbsc](http://www.nuigalway.ie/hbsc).

## Spotlight on Research: Youth Engagement

A group of Irish young people were recently invited to represent the country at the 30th anniversary of the World Health Organization's collaborative Health Behaviour in School-aged Children (HBSC) survey. This is the first time young people have been involved in the survey at an international level, and the purpose of their involvement was to help direct and inform the study from the point of view of young people.



*Youth Participants at the HBSC Conference, St Andrews, Scotland*

The young people came from Galway, Sligo, Cork and Dublin and were joined by other youth groups from England, Wales, Scotland and Canada. Held at St. Andrews University in Scotland, the conference ran until Friday 21<sup>st</sup> June (<http://www.hbsc.org>).

You can find out more about this work by viewing the [HBSC Youth Video Report](#). An overview of the session from the meeting with links to other resources is available to [download](#). Further details on the Irish research is available at [www.nuigalway.ie/hbsc](http://www.nuigalway.ie/hbsc).



## Health Behaviour in School-aged Children: Participation of Children and Young People in Question Development for the 2014 Questionnaire

Principal Investigator: Dr. Saoirse Nic Gabhainn  
Researchers: Dr. Colette Kelly, Ms. Lorraine Burke, Ms. Natasha Daniels, Ms. Kathy-Ann Fox, Ms. Mary Callaghan, Ms. Aoife Gavin

Health Behaviour in School-aged Children (HBSC) is a cross national research study conducted in collaboration with the WHO Regional Office in Europe. This survey runs on a four year cycle collecting key health information from young people using a class-room based survey. Until the 2010 survey cycle the questionnaire contained themes and questions young people had no voice in. This project is founded in a partnership with the Citizen Engagement Unit of the Department of Children and Youth Affairs. Working together in preparation for the 2014 survey cycle a series of participative workshops have been conducted with primary and post-primary school-aged children to increase their involvement in the development of the Irish HBSC questionnaire.

This research aims to a) give young people a voice in a national survey on young people's health, b) to identify what their priorities are in relation to young people's health and health behaviours, c) to identify what areas of their lives the research team should focus on, and d) to give young people the opportunity to develop questions for inclusion in the 2014 HBSC survey based on their own priorities.

Six participative workshops were conducted with young people from all over Ireland. Three workshop formats were developed and each was carried out with both primary and post-primary school children. The formats varied slightly depending on the age of the young people taking part. The first workshops focused on what young people identify as important to understand about their lives in Ireland. In the second workshop the young people developed possible questions for inclusion in the HBSC questionnaire using the results of the first workshop, and the third workshop critically appraised the questions developed in workshop 2 using set criteria. Each workshop was evaluated and the young people enjoyed the process and really appreciated the opportunity to give their opinions and have a say. This process resulted in 11 questions developed by primary school aged children and 20 questions by post-primary school aged children. These questions were piloted with different groups of young people to assess their feasibility for inclusion in the questionnaire.

Six workshop reports have been written to date and the pilot reports from the administration of the child-developed questions are underway. Some of the questions developed by the school children will be included in the 2014 HBSC survey.

## IROHLA - Intervention Research on Health Literacy Among the Ageing Population

Principal Investigator: Dr. Jane Sixsmith & Professor Margaret Barry  
Researchers: Ms. Priscilla Doyle  
Partners: European collaboration of 21 partners from 10 countries in the EU, from academic institutions, health and welfare institutions and the business community.  
Funder: European Commission - European Union's Seventh Framework Programme (FP7/2007-2013) under grant agreement n°305831



innovative policies for healthy ageing

IROHLA - Intervention Research On Health Literacy among the Ageing population, is a three year European research collaborative project and is co-ordinated by the University Medical Center Groningen. The purpose of IROHLA is to introduce in European Member States evidence-informed guidelines for policy and practice for a comprehensive approach to improving health literacy in the ageing population.

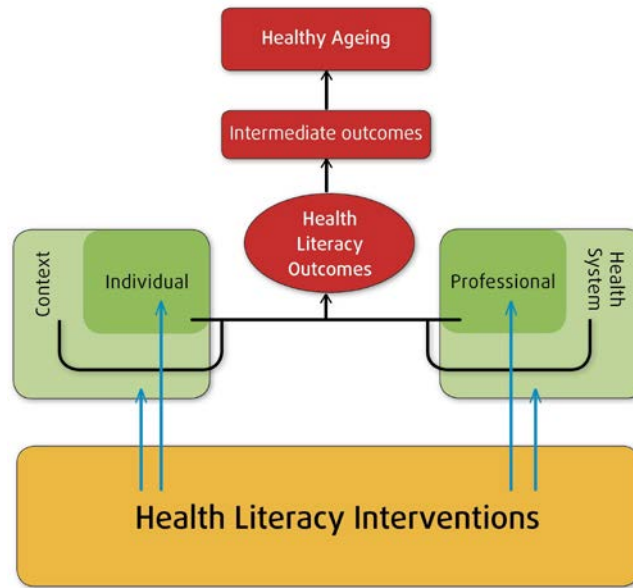
IROHLA focuses on interventions for improving health literacy for older people in Europe. It is anticipated by the end of the year 2015, the project will deliver:

- A comprehensive model for classification of health literacy interventions (see Figure 1 below) for the ageing population, which target persons with low health literacy, their social environment, the health professional and the health system.
- A set of instruments to assess the feasibility and sustainability of health literacy interventions in ageing population, based on a new taxonomy for health literacy interventions.
- A set of, at the most, 20 validated interventions which constitute the core of a comprehensive approach of health literacy interventions in member states of the European Union.

The project is comprised of a number of work packages (WP) which involve a wide range of partners and include the following activities:

- WP1: Management and coordination of the project. IROHLA is co-ordinated by the University Medical Center Groningen.
- WP2: Development of a comprehensive model on Health Literacy in an ageing population, in order to contribute to the understanding of health literacy in different European contexts.

Figure 1: IROHLA intervention model



- WP 3: Development of a manual to guide the assessment of quality and feasibility of health literacy interventions and activities in the ageing population.
- WP 4, 5 & 6: Assess the quality and feasibility of interventions or good practices in the ageing population, across the health, social and private sectors, which will contribute to improve health literacy.
- WP 7: Prioritise previously identified interventions (max 20) which together constitute a comprehensive approach for addressing the health literacy needs of the ageing population.
- WP 8: Pilot, validate and if necessary adjust selected evidence-based interventions and develop evidence-informed guidelines for policy and practice for EU member states and regions with regard to health literacy in the aging population.
- WP 9: Internal and external communication and dissemination.

Currently WP2 and WP3 are completed and the reports are in final draft. WP4, 5, & 6 are underway.

IROHLA website link: <http://www.irohla.eu/home/>.

## Mainstreaming Health Promotion: Rapid Review of the Evidence on the Effectiveness of Mental Health Promotion Interventions

Principal Investigator: Professor Margaret Barry  
Researcher: Dr. Aleisha Clarke  
Funder: World Health Organization, Geneva

In 2010, the World Health Organization established a Task Force to develop a package of evidence-based, outcome oriented health promotion actions on priority public health conditions in low and middle income countries (LMICs). The HPRC WHO Collaborating Centre was commissioned to review the evidence in relation to mental health promotion interventions in LMICs. A systematic review was undertaken under four key action areas: interventions targeting individuals, communities, the health sector and intersectoral actions.

A total of 38 studies evaluating 35 interventions were reviewed and underwent quality assessment. Results from this systematic review point to robust evidence for interventions promoting child and maternal mental health and school-based mental health promotion interventions in LMICs. There were promising findings concerning the effectiveness of preschool and community-based interventions for young people. The potential of intersectoral actions such as combined microfinance and lifeskills training interventions in LMICs deserve further investigation and support.

In August 2012 a repeated top-up search was carried out investigating the evidence of school and community-based mental health promotion interventions for young people aged 6-18 years in LMICs. This, combined with the original search results, resulted in a total of 14 school-based intervention and eight community-based intervention undergoing review and quality assessment. The findings from this in-depth systematic review indicated that the quality of the evidence for the majority of the school-based interventions was strong, especially with regard to structured interventions for children living in conflict areas. The quality of evidence from the community-based interventions for adolescents was moderate to strong with promising findings concerning the potential of multicomponent interventions to impact on youth mental health.

### Dissemination Activities

Barry, M.M., Clarke, A. M., Jenkins, R. & Patel, V. (2013). A systematic review of the effectiveness of mental health promotion interventions for young people in low and middle income countries. . *BMC Public Health*, 13:835. Accessible at: <http://www.biomedcentral.com/1471-2458/13/835>.

Clarke, A. M., Barry, M.M., Jenkins, R. & Patel, V. (2012). The Effectiveness of Mental Health Promotion Interventions for Young People in Low and Middle Income Countries: A Systematic Review. Paper presented at the 7<sup>th</sup> World Conference on the Promotion of Mental Health and the Prevention of Mental and Behavioral Disorders. Perth, Australia, (Oct 2012).

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

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

The HEPCOM project aims to increase the quality and level of local community and school interventions all over Europe on promoting healthy eating and physical activity among children and young people. The project is a response to the obesity levels in children and young people throughout Europe. It is a partnership of 21 partners from 16 EU countries who will closely collaborate with local communities and organisations working on healthy eating and obesity prevention.

This year we have completed the first, initial phase of the project which was a needs analysis. This involved seven telephone interviews with three communities involved in some way in preventing obesity among children. These interviews sought to identify what health promoting initiatives the interviewees have been involved with, what templates and tools they used and what tools they consider would help them in their work in obesity prevention.

Through the project a HEPCOM learning web platform will be designed and developed to offer a number of services including a repository for good practice tools on preventing obesity among children from former and existing European projects, recommendations and guidelines for good practice and a portal for evidence-base and research results. The learning web 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

Further detail on the study is available at [www.hepcom.eu](http://www.hepcom.eu).

## SPAN: Science for Prevention Academic Network

Principal Investigator: Dr. Michal Molcho & Professor Margaret Barry  
Funder: European Commission – Education and Culture (EAC)

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

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

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

## The Injury and Violence Secondary Data Analysis Project

Principal Investigator: Dr. Michal Molcho

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

This research explores the social determinants of injury mortality through investigation of existing data sources including the Health For All, the Indicators for Morbidity, and the World Bank Indicators.

Analysis is underway. Initial results were presented in 2011 at the European Conference on Injury Prevention and Safety Promotion. In 2012 the status of the work was presented to the WHO Region for Europe in an invited seminar.

### Dissemination Activities

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

Molcho, M. (2012). Socio-Economic determinants of injury mortality in the European Region: Project update. Invited seminar to *WHO Region for Europe, Copenhagen*, 21<sup>st</sup> Nov. 2012.

## Young People's Awareness of Alcohol Marketing

Principal Investigator: Drs. Michal Molcho and Colette Kelly

Researcher: Ms. Kathy Ann Fox

Funder: Alcohol Action Ireland

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

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

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

### Dissemination Activities

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



# 17th Annual Health Promotion Conference



*Speakers and organisers of the 17<sup>th</sup> Annual Health Promotion Conference, Galway*

The 17th Annual Health Promotion Conference '**Health in All Policies: Strengthening Multisectoral Health Promotion in an Irish Context**' took place on 29th May 2013. Its focus stemmed from the need to target the key social determinants of health through integrated policy responses across relevant policy areas with the ultimate goal of supporting health equity.

The plenary speakers included: Dr Erio Ziglio, Head European Office for Investment for Health and Development, Regional Office for Europe, World Health Organization; Dr Stephanie O'Keeffe, Director of the Health and Wellbeing Programme, Department of Health and Professor Margaret Whitehead, WH Duncan Professor of Public Health, University of Liverpool. They presented an international and national perspective of Health in All Policies, as well as practice and research evidence of cross-sectoral work.

Conference presentations are available on our website ([www.hprconference.ie](http://www.hprconference.ie)). The annual Health Promotion conference is an important national platform for policy makers, practitioners and researchers to discuss and debate contemporary public health issues of national and international significance. The 2014 conference will take place in NUI Galway on 11<sup>th</sup> June.

# Postgraduate Programmes in Health Promotion

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

## Profile: Tuuli Kuosmanen

After graduating from the MA Health Promotion course, I was very fortunate to get a post as a research assistant in the HPRC. I worked on a project called Bridging the Digital Disconnect focusing on the use of online technologies for the promotion of young people's mental health and wellbeing. This is a three year project being carried out in collaboration with the Inspire Ireland Foundation and the Australian Young and Well Co-operative Research Centre (YAW-CRC). This experience strengthened my interest in a research career, developed my research skills and aided me in formulating the proposal for my PhD. I am now in the first year of a structured PhD programme funded by the Hardiman Scholarship examining the use of online technologies for promoting the mental health of young men. The research staff and students, from a diversity of academic and cultural backgrounds, are extremely welcoming and along with my supervisor, Professor Margaret Barry, have offered me continuous support. Doctoral research requires continuous development of knowledge and skills as well as reassessing one's values and attitudes, making it a challenging yet an incredibly rewarding journey.



## Doctoral Research Students in Health Promotion

**Yousef Albalawi** ([y.albalawi1@nuigalway.ie](mailto:y.albalawi1@nuigalway.ie))

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

**PhD. Supervisor:** Dr Jane Sixsmith



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

**Maura Burke** ([m.burke25@nuigalway.ie](mailto:m.burke25@nuigalway.ie))

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

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



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

**Mary Callaghan** ([m.callaghan5@nuigalway.ie](mailto:m.callaghan5@nuigalway.ie))

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

**PhD. Co-Supervisors:** Dr. Michal Molcho, Dr. Colette Kelly

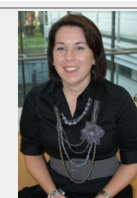


The aim of this study is to investigate the determinants of bullying among post-primary school students in Ireland. Differences between traditional bullying and cyber bullying will also be explored. This study will provide insight into factors influencing bullying and victimisation at the individual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

**Clare Carroll** ([c.oshaughnessy4@nuigalway.ie](mailto:c.oshaughnessy4@nuigalway.ie))

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

**PhD. Supervisor:** Dr Jane Sixsmith



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

**Khalifa Elmusharaf** ([k.elmusharaf1@nuigalway.ie](mailto:k.elmusharaf1@nuigalway.ie))

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

**PhD. Supervisor:** Dr Diarmuid O'Donovan



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

**Declan Flanagan** ([d.flanagan7@nuigalway.ie](mailto:d.flanagan7@nuigalway.ie))

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

**PhD. Supervisor:** Dr Michal Molcho



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

**Aoife Gavin** ([a.gavin2@nuigalway.ie](mailto:a.gavin2@nuigalway.ie))

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

**PhD. Supervisor:** Dr Michal Molcho



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

**Helen Grealish** ([h.grealish1@nuigalway.ie](mailto:h.grealish1@nuigalway.ie))

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

**PhD. Supervisor:** Dr Saoirse Nic Gabhainn

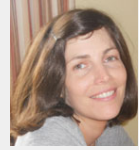


This study is assessing the use of research in developing policy in the area of drug and alcohol misuse among adolescents in Ireland over a ten-year period. This research project is using a triangulation of methods. Interviews will be conducted with participants from the research institutions who produce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

**Victoria Hogan** ([v.fallon1@nuigalway.ie](mailto:v.fallon1@nuigalway.ie))

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

**PhD. Supervisor:** Dr Margaret Hodgins



Research suggests that academic work is becoming increasingly intense and academics are reporting increasing levels of work-life conflict and stress. This study examines working hours and the work and non-work behaviours of Irish academics and assesses the impact of long working hours and work-life conflict on well-being. A mixed method approach was undertaken in this study, incorporating a quantitative survey, a diary study and semi-structured interviews. Across all three studies gender is included as a variable of interest. The study aims to explore factors which contribute to overwork and poor well-being in male and female academics and to determine strategies and interventions which could be used to address these issues.

**Yetunde John-Akinola** ([y.john-akinola1@nuigalway.ie](mailto:y.john-akinola1@nuigalway.ie))

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

**PhD. Supervisor:** Dr Saoirse Nic Gabhainn

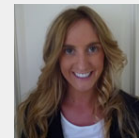


This study seeks to document Irish children's perspectives on what participation means to them and their views on how participation can work better in their schools; and to explore the extent of children and parents' participation in HPS in Ireland and links to good outcomes; with the aim of making recommendations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

**Ursula Kenny** ([u.kenny2@nuigalway.ie](mailto:u.kenny2@nuigalway.ie))

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

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



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

**Tuuli Kuosmanen** ([t.kuosmanen1@nuigalway.ie](mailto:t.kuosmanen1@nuigalway.ie))

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

**PhD. Supervisor:** Professor Margaret Barry



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

**Dr. Samir Mahmood** ([s.mahmood1@nuigalway.ie](mailto:s.mahmood1@nuigalway.ie))

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

**PhD. Supervisor:** Professor Margaret Barry

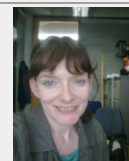


Closing the Health Promotion capacity gap and mainstreaming Health Promotion in health systems is a global health development challenge, especially in low and middle-income countries (LMICs). This study is being undertaken to understand this capacity gap at the national level in LMICs. The study is focused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

**Verna McKenna** ([v.mckenna2@nuigalway.ie](mailto:v.mckenna2@nuigalway.ie))

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

**PhD. Supervisor:** Professor Margaret Barry



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

**Christina Murphy** ([c.murphy1@nuigalway.ie](mailto:c.murphy1@nuigalway.ie))

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

**PhD. Supervisor:** Dr Saoirse Nic Gabhainn



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

**Áine O'Brien** ([a.obrien24@nuigalway.ie](mailto:a.obrien24@nuigalway.ie))

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

**PhD. Supervisor:** Dr Michal Molcho



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

Éamonn Ó Bróithe ([e.obroithe2@nuigalway.ie](mailto:e.obroithe2@nuigalway.ie))

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



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

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

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

Leigh-Ann Sweeney ([leigh-ann.sweeney@nuigalway.ie](mailto:leigh-ann.sweeney@nuigalway.ie))

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

**PhD. Supervisor:** Dr Michal Molcho

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

Teresa Meaney ([teresa.meaney@nuigalway.ie](mailto:teresa.meaney@nuigalway.ie))

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

**PhD. Supervisor:** Dr Saoirse Nic Gabhainn



Despite the accepted social, emotional and health benefits associated with breastfeeding the breastfeeding in Ireland is at an alarmingly low level (56% ERSI 2012). In fact when compared with its European counterparts such as Great Britain (81%) and the Scandinavian States (90%), Ireland has the lowest breastfeeding rate in Europe. The aim of this study is to use a qualitative phenomenological longitudinal research approach to understand and gain insight into Irish mother's experience of breastfeeding. It is anticipated that this study will provide a meaningful understanding of mother's experience of persisting with breastfeeding. Study findings may identify factors that enhance or hinder a mother's ability to persist with breastfeeding. Knowledge may be generated to inform policy makers and health professionals on necessary areas for development in the promotion and support of breastfeeding.

# Seminar Series

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

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

- Share on-going or completed research with peers in a professional supportive environment.
- Gain exposure to the variety of research methods and projects on-going within the discipline.
- Elicit feedback and discussions on the presented topic areas.

## NOVEMBER, 2013

Mr Jakub Gajewski – Researcher, HPRC, NUIG

*Exploring the lives of adults living with Type 1 Diabetes. Are they ill or healthy?*

## SEPTEMBER, 2013

Dr. Mary Jo Lavelle - Ph.D. student, School of Geography and  
Archaeology NUIG

*Living the 'Good Life'? A focus on sustainable consumption and quality of life  
on the island of Ireland.*

## AUGUST, 2013

Professor Sharon Friel, National Centre for Epidemiology and Population Health, Australian National  
University

*Global health equity through action on the social determinants*

## JUNE, 2013

Dr. Jenni Jones - Discipline of Health Promotion NUIG

*Physical activity participation and fitness in a multifactorial preventive cardiology programme  
(EUROACTION) for people with coronary heart disease, asymptomatic individuals at high risk of  
cardiovascular disease and their partners*

## APRIL, 2013

Ms Leigh-Ann Sweeney - Ph.D. student, Discipline of Health Promotion NUIG

*Women involved in prostitution and their psychosocial experiences of the Irish healthcare service; an  
exploratory study.*

## FEBRUARY, 2013

Dr. Margaret Hodgins - Discipline of Health Promotion NUIG

*When it's gone this far, it's gone too far. The case for a settings approach to  
workplace bullying.*



# Community Contribution

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

## International

- Eating and Dieting working group of WHO-HBSC study (Chair) – Dr. C. Kelly
- Policy Development Groups of the WHO-HBSC study (elected Chair) – Dr. M. Molcho
- Global Working Group on Workforce and Competencies Development, International Union for Health Promotion & Education – 2012- present. (Co-Chair) - Professor M. Barry
- Early Careers group of the WHO-HBSC study (member) – Ms. M. Callaghan
- Electronic Media work group of the WHO-HBSC study (member) – Ms. M. Callaghan
- European Commission Expert Panel on Effective Ways of Investing in Health – 2013-2016 (Member) – Professor M. Barry
- European Network WHP (Member) – Dr. M. Hodgins
- International Coordinating Committee of the WHO-HBSC study (Member) – Dr. C. Kelly
- International Coordinating Committee of the WHO-HBSC study (Member) – Dr. M. Molcho
- International Steering Group for the WHO Collaborating Centre for Mental Health Promotion, Prevention and Policy at STAKES, Finland ,2007-present (Member) – Professor M. Barry
  - Policy Development Groups of the WHO-HBSC study (Member) – Dr. C. Kelly
- Protocol preparation Groups of the WHO-HBSC study (Member) – Dr. M. Molcho
- Scientific Committee for the Health Promotion Chair, School of Public Health (EHESP) and the National Institute for Prevention and Health Education (INPES) France, 2011- present (Member) – Professor M. Barry
- Scientific Council for the Ludwig Boltzman Institute for Health Promotion Research, Vienna, 2008-present (Member) – Professor M. Barry
- Scientific Development Groups of the WHO-HBSC study (Member) – Dr. M. Molcho
  - Scientific Development Groups of the WHO-HBSC study (Member) – Dr. C. Kelly
- The Children's Research Network for Ireland and Northern Ireland (member) – Ms. M. Callaghan
- Violence and Injury Prevention work group of the WHO-HBSC study (member) – Ms. M. Callaghan
- Visiting Healthway Research Fellow, Curtin University, Australia in 2013. – Professor M. Barry

## National:

- AHPI (Executive Committee Member) - Ms. Priscilla Doyle
- Child Health Research Forum (Member) – Dr. M. Molcho
- Expert Research and Evaluation Committee of the Youth Mental Health Initiative Headstrong (Member) – Dr. S. Nic Gabhainn
- Inspire Ireland & Young and Well CRC National Advisory Group (Member) – Professor M. Barry
- Research and Evaluation Panel of the See Change Programme – the National Mental Health Stigma Reduction Partnership (Member 2010-present) – Professor M. Barry
- Scientific and Policy Advisory Committee of the National Longitudinal Study of Children in Ireland (Member) – Dr. S. Nic Gabhainn

## Editorial Boards

- Applied Social Studies – Dr. S. Nic Gabhainn
- Open Epidemiology Journal – Dr. S. Nic Gabhainn
- Youth Studies Ireland – Dr. S. Nic Gabhainn
- International Journal of Mental Health Promotion – Professor M. Barry
- Advances on School Mental Health Promotion – Professor M. Barry
- Health Promotion Journal of Australia – Professor M. Barry

## Journal Papers

Barry, MM, Clarke, A.M., Jenkins, R. & Patel, V. (2013). The effectiveness of mental health promotion interventions for young people in low and middle income countries: A systematic review. *BMC Public Health*, 13:835.

Barry, MM, D'Eath, M, & Sixsmith, J (2013). Interventions for Improving Population Health Literacy: Insights From a Rapid Review of the Evidence. *Journal of Health Communication: International Perspectives*, 18 :1507-1522.

Carroll, C., Murphy, G. & Sixsmith, J. (2013). The progression of early intervention disability services in Ireland. *Infants and Young Children* 26(1):17-27.

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

Elgar, F. J., Pickett, K. E., Pickett, W., Craig, W., Molcho, M., Hurrelmann, K., & Lenzi, M. (2013). School bullying, homicide and income inequality: A cross-national pooled time series analysis. *International Journal Of Public Health*, 58 (2):237-245.

Field C.A., Klimas J., Barry J., Bury G., Keenan E., Smyth B., Cullen W. (2013). Problem alcohol use among problem drugs users in primary care: a qualitative study of what patients think about screening and treatment. *BMC Family Practice*, 14 (98).

Fitzgerald, A., Heary, C., Kelly, C., Nixon, E., Shevlin, M. (2013). Self-efficacy for healthy eating and peer support for unhealthy eating are associated with adolescents' food intake patterns. *Appetite*, 63 :48-58.

Giacomo, L., Stefania, R., Kelly, C., Vereecken, C., Ahluwalia, N. & Giacchi, M. (2013) Trends in thinness prevalence among adolescents in 10 European countries and the USA (1998-2006). *Public Health Nutrition*. DOI: <http://dx.doi.org/10.1017/S1368980013002541>.

Hodgins, M., McNamara, P., MacCurtain, S. (2014) Workplace Bullying and Incivility: A Systematic Review of Interventions, *International Journal of Workplace Health Management*, 7 (1) 54-72

Kuntsche, E., Wicki, M., Windlin, B., Demetrovics, Z., Nic Gabhainn, S. & the HBSC Drinking Motive Writing Group (2013). Are gender and cultural differences in adolescent alcohol use mediated by drinking motives? Evidence from 11 to 19-year-olds in 13 European countries. *Alcoholism: Clinical and Experimental Research*, 37(S2), 41A.

Lara-Cinisomo, S. & Thomas, A. A. (2013). An Exploratory Study of Mothers' Perceptions of Acculturation within the Preschool Context *National Head Start Association Dialog*, 16, 127-141.

Niclsen B., Molcho M., Arnfjord S., Schnor C.W. (2013). Conceptualizing and contextualizing food insecurity among Greenlandic children. *International Journal of Circumpolar Health*, 72. [10.3402/ijch.v72i0.19928](https://doi.org/10.3402/ijch.v72i0.19928).

Pickett, W., Molcho, M., Elgar, F., Brooks, F., de Looze, M., Nic Gabhainn, S., Sigmundová, D., Gaspar de Matos, M., Craig, W., Walsh, S.D., Harel-Fisch, Y. & Currie, C. (2013). Trends and socioeconomic correlates of adolescent physical fighting in 30 countries. *Paediatrics*, 131(1), 18-26.

Sentenac, M., Gavin, A., Nic Gabhainn, S., Molcho, M., Due, P., Ravens-Sieberer, U., de Matos, M.G., Malkowska-Szkutnik, A., Gobina, I., Vollebergh, W., Arnaud, C., Godeau, E. (2013). Peer victimization and subjective health among students reporting disability or chronic illness in 11 Western countries. *European Journal of Public Health*, 23: 421-426.

Sixsmith, J., Doyle, P., Barry, M.M. (2013). Reporting Health Communication Activities for the Prevention and Control of Communicable Diseases in Europe. *Journal of Health Communication: International Perspectives*, 18:1494-1506.

Tuohy D, Cooney A, Dowling M, Murphy K, Sixsmith J (2013) An overview of interpretive phenomenology as a research methodology. *Nurse Researcher*, 20 (3):17-20.

Walsh S.D., Molcho M., Harel-Fisch Y., Huynh Q, Kukawadia A., Aasvee K., VĀjrnai D., Pickett W. (2013). Physical and emotional health problems experienced by youth engaged in violent behavior. *Plos One*, 8 (2). e56403.

## Books and Book Chapters

Barry, M.M. (2013). Promoting positive mental health and well-being: practice and policy. Chapter (355-384) in Keyes, C.L.M. (Ed.) *Mental Well-Being: International Contributions to the Study of Positive Mental Health*. New York: Springer.

Barry, M.M., Battel-Kirk, B. & Dempsey, C. (2013). Developing health promotion workforce capacity for addressing non-communicable diseases globally. Chapter 28 (pp 417-439) In McQueen, D.V. (Ed.) *Global Handbook on Noncommunicable Diseases and Health Promotion*. New York: Springer.

Dooris, M. & Barry, M.M. (2013). Overview of implementation in health promoting settings. Chapter 2 (pp 14-23) in Samdal, O. and Rowling, L. (Eds). *The Implementation of Health Promoting Schools*. Abingdon: Routledge.

Molcho, M. (2013). The development and use of a set of children's well-being indicator in Ireland In: V. Barnekow, B.B Jensen, C. Currie, A. Dyson, N. Eisenstadt & E Melhuish (Eds.). *Improving the lives of children and young people: case studies from Europe Volume 2*. Childhood. Copenhagen : World Health Organization (Europe).

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## Published Reports

Callaghan, M. & Nic Gabhainn, S. (2013). *Appendix 1: Nutrition behaviours and outcomes: a special analysis of the HBSC survey as part of the implementation of the National Strategy for Research and Data on Children's Lives, 2011-2016*. Dublin: Department of Children and Youth Affairs.

Clarke, A.M., Kuosmanen, T., Chambers, D. & Barry, M.M. (2013). *Bridging the Digital Disconnect: Exploring Parents' Views on Using Technology to Promote Young People's Mental Health*. A report produced by the Health Promotion Research Centre, National University of Ireland Galway and Inspire Ireland Foundation in collaboration with the Young and Well Cooperative Research Centre, Melbourne, Australia. Accessible at: [www.youngandwellcrc.org.au](http://www.youngandwellcrc.org.au).

Clarke, N. & The HBSC Ireland Team. (2013). *Active travel among schoolchildren in Ireland*. HBSC Ireland Research (Factsheet No. 22.)

D'Eath, M., Barry, M.M., & Sixsmith, J. (2013). *A rapid evidence review of health advocacy for communicable diseases*. Stockholm: ECDC. Available from: <http://www.ecdc.europa.eu/en/publications/Publications/Health-advocacy-technical-report-January-2014.pdf>.

Gavin, A., Molcho, M., Kelly, C. & Nic Gabhainn, S. (2013). *The HBSC Ireland Trends Report 1998-2010: Child Health Behaviours, Outcomes and Contexts*. Dublin: Department of Health.

Infanti, J., Sixsmith, J., Barry, M.M., Núñez-Córdoba, J., Oroviogicoechea-Ortega, C., & Guillén-Grima, F. (2013). *A literature review on effective risk communication for the prevention and control of communicable diseases in Europe*. Stockholm: ECDC. Available from: [www.ecdc.europa.eu/en/publications/Publications/risk-communication-literary-review-jan-2013.pdf](http://www.ecdc.europa.eu/en/publications/Publications/risk-communication-literary-review-jan-2013.pdf).

Sullivan, L. & Nic Gabhainn, S. (2013). *Appendix 2: Physical activity and behaviours: a special analysis of the HBSC survey as part of the implementation of the National Strategy for Research and Data on Children's Lives, 2011-2016*. Dublin: Department of Children and Youth Affairs.

Walker, L., Gavin, A., Kelly, C., Molcho, M., Awobiyyi, D. & Nic Gabhainn, S. (2013). *Health Behaviour in School-aged Children (HBSC) Ireland 2010 Middle Childhood Study: Socio-demographic patterns in health behaviours, risk behaviours, health outcomes and social contexts of young people's health*. Galway: Health Promotion Research Centre, NUI Galway.

## Non Published Reports

Burke, L., Gavin, A., Courtney, L., Nic Gabhainn, S. & Kelly, C. (2013). *Sexual behaviour of 15-17 year olds in the Mid-west region and in care. Short report for the Red Ribbon project*. Health Promotion Research Centre, NUI Galway. Non Published Reports.

Gajewski, J., Young, H., Burke, L., Courtney, L. & Nic Gabhainn, S. (2013). *Pilot study for HBSC 2014 questions*. Non Published Reports.

Gajewski, J. & Nic Gabhainn, S. (2013). *HBSC Ireland: socio-economic variations in tobacco smoking among school-aged children in Ireland: 2002, 2006 and 2010*. Short report for Helen McAvoy, Institute of Public Health. Health Promotion Research Centre, NUI Galway.

Sullivan, L. & Molcho, M. (2013). *HBSC Ireland 2010: emotional and physical symptoms and bullying*. Short report for Hugh Magee, Department of Health. Health Promotion Research Centre, NUI Galway.

Sullivan, L. & Nic Gabhainn, S. (2013). *HBSC Ireland 2010: Comparison figures for schoolchildren in County Carlow with the rest of the HBSC survey*. Short report for the Children's Services Committee in Carlow. Health Promotion Research Centre, NUI Galway.

## Presentations

### 2013

Alforque Thomas, A. Timmons A., Molcho M., Gallagher P., O'Neill C., Butow P., Goberman-Hill R., O'Sullivan E., Sharp L. (2013). Rurality and Quality of Life among Head and Neck Cancer Survivors in Ireland [Oral Presentation] *Irish Cancer Society Survivorship Research Day* Dublin, Ireland, 19 Sept 2013.

Barry, M.M. (2013). Implementing Mental Health Promoting Schools. Keynote address at *The 4<sup>th</sup> European Conference on Health Promoting Schools*: Equity education and health. 7-9<sup>th</sup> October, Odense, Denmark.

Barry, M.M. (2013). Using technologies to promote young people's mental health and wellbeing. Keynote presentation to *Technology for Well-being International Conference*, 25-26 September, Dublin, Ireland.

Barry, M.M. (2013). Capacities for Health Promotion and Health in All Policies: Findings of the CompHP Project. *Presentation at the Partnership and Cross Sector Collaboration Session. Europe Day, WHO 8<sup>th</sup> Global Conference*, Helsinki, Finland, 13<sup>th</sup> June, 2013.

Barry, M.M. (2013). Translating Health Communication Programme: Implications for Capacity Development. *Presentation at the ECDC Symposium, Europe Day, WHO 8<sup>th</sup> Global Conference*, Helsinki, Finland, 13<sup>th</sup> June, 2013.

Barry, M. M. (2013). Mainstreaming mental health promotion: promoting mental health across sectors. *Healthway Visiting Fellow Seminar hosted by Western Australian Centre for Health Promotion Research, Curtin Health Innovation Research Institute*. Curtin University, Perth Western Australia, 25<sup>th</sup> February, 2013.

Barry, M. M. (2013). European health promotion competencies: lessons learnt and how they relate to the Australian context [Invited Lecture] *The Ray James Memorial Lecture Australian Health Promotion Association (AHPA) WA Branch*, 26th February, 2013.

Barry, M. M. (2013). Mainstreaming mental health promotion: promoting mental health across sectors. *Healthway Visiting Fellow Seminar hosted by Public Health Association Australia, Soroptimist International Albany, Mentally Healthy Western Australia*. Chamber of Commerce and Industry, Albany, Western Australia, 27<sup>th</sup> February, 2013.

Barry, M. M. (2013). Developing workforce and community capacity for effective mental health promotion. *Healthway Visiting Fellow Roundtable Discussion hosted by Western Australian Centre for Health Promotion Research, Curtin Health Innovation Research Institute*. Curtin University, Perth Western Australia, 4<sup>th</sup> March, 2013.

Barry, M. M. (2013). Benchmarking the performance of research centres: experiences from a European perspective. *Healthway Visiting Fellow Presentation hosted by the School of Health Sciences*. Curtin University, Perth Western Australia, 13<sup>th</sup> March, 2013.

Barry, M. M. (2013). Translating policy and research into practice: Closing the implementation gap in mental health promotion. *Healthway Visiting Fellow Presentation hosted by Western Australian Centre for Health Promotion Research, Public Health Association Australia, Mentally Healthy Western Australia*. Department of Health, Perth, Government of Western Australia, 14<sup>th</sup> March, 2013.

Barry, M. M. (2013). Implementing mental health promotion in community settings: the implementation of school-based interventions. *Healthway Visiting Fellow Presentation hosted by Western Australian Centre for Health Promotion Research, Youth Affairs Council of Western Australia, Public Health Association Australia*. Grace Vaughn House, Department of Health, Perth, Government of Western Australia, 14<sup>th</sup> March, 2013.

Burke, L., & Nic Gabhainn, S. (2013). Towards a national sexual health policy: students and non-students sexual risk behaviours. Presented at the *17th Annual Health Promotion Conference Health in All Policies: Strengthening Multisectoral Health Promotion in an Irish Context*. Galway, 29 May 2013.

Callaghan, M., Kelly, C., Molcho, N. & Nic Gabhainn, S. (2013). Exploring the food environment of post-primary schools in Ireland. Presented at the *HBSC 30th Anniversary Conference*. St Andrews, June 2013.

Callaghan, M., Kelly, C., Molcho, N. & Nic Gabhainn, S. (2013). The challenges of using a school level questionnaire to examine policies at post primary school level in Ireland. Presented at the *17th Annual Health Promotion Conference Health in All Policies: Strengthening Multisectoral Health Promotion in an Irish Context*. Galway, May 2013.

Clarke, A.M. (2013). Bridging the Digital Disconnect: Exploring parents' views on using technologies to promote young people's mental health. Keynote presentation to *Technology for Well-being International Conference*, 25-26 September, Dublin, Ireland.

Clarke, A.M. & Barry, M.M. (2013). Bridging the digital disconnect – using technology to assist parent in supporting young people's mental health needs. Paper presented at the *15<sup>th</sup> International European Society for Child and Adolescent Psychiatry (ESCAP) Conference*. Dublin, Ireland, 15 July, 2013.

D'Eath, M. & O' Higgins, S. (2013) Living with HIV in Ireland SHAW: *Sexual Health Awareness Week* Royal College of Physicians Dublin. November 13<sup>th</sup> 2013.

Doyle P., Sixsmith J. (2013). Health communication and its role in the prevention and control of communicable diseases in Europe: current evidence, practice and future developments *ECDC meeting with National Focal Points for Communication (NFPs), Public Health Capacity and Communication Unit*, Stockholm, 15-October-2013.

Doyle, P., Sixsmith J., D'Eath M., Barry M. M. (2013). Translating Health Communication [Poster] [Poster Presentation] *Annual Health Promotion Conference -Health in All Policies: Strengthening Multisectoral Health Promotion in an Irish Context*. Galway, Ireland NUI Galway, 01 May 2013.

Fox, K.A., Kelly, C., & Molcho, M. (2013). Alcohol Marketing and Young People - A Pilot Study *Health in All Policies: Strengthening Multisectoral Health Promotion in an Irish Context* Galway, , 29-MAY-13.

Gajewski, J., Gavin, A. & Nic Gabhainn, S. (2013). Examining the lives of Polish children living in Ireland: results and methodological considerations. Presented at the *HBSC 30th Anniversary Conference*. St Andrews, June 2013.

Grealish, H. & Nic Gabhainn, S. (2013). How does research impact on health policy in the area of children and youth affairs? Presented at the *17th Annual Health Promotion Conference Health in All Policies: Strengthening Multisectoral Health Promotion in an Irish Context*. Galway, May 2013.

Hodgins, M. (2013). Taking a Settings Approach to workplace bullying, *7<sup>th</sup> Nordic Health Promotion Conference, Promoting Health in Everyday Settings*, Vestfold University 16-18th June 2013.

Hogan, V., Hogan M. & Hodgins, M. (2013). Workaholism, recovery and detachment from work among Irish academics. *Well-being in Ireland: Designing Measures and Implementing Policies Conference*. NUI Galway, June 2013.

John-Akinola, Y., Gavin, A., O'Higgins, S. & Nic Gabhainn, S. (2013). Developing students' research competence: using PRP to explore students views on school participation. Presented at *CHILD2025*, Dublin City University, May 2013.

Kelly, C. & the HBSC Ireland team (2013). Youth Participation: HBSC Ireland. Presented at the *International HBSC youth participation meeting*. St Andrews, Scotland, April 2013.

Kelly, C., Gavin, A., Gajewski, J., Molcho, M. & Nic Gabhainn, S. (2013). Exploring health outcomes for children in care & young carers using HBSC Ireland data: challenges and opportunities. Presented at the *Social Care Ireland conference, Change, Challenge, opportunity?* Limerick, March 2013.

Kelly, C., Callaghan, M., Gajewski, J., Molcho, M. & Nic Gabhainn, S. (2013). Healthy eating policies and school food; associations with dietary habits. Presented at the *17th Annual Health Promotion Conference Health in All Policies: Strengthening Multisectoral Health Promotion in an Irish Context*. Galway, May 2013.

Kelly, C., Callaghan, M., Gajewski, J., Molcho, M. & Nic Gabhainn, S. (2013). Young carers; a neglected population group? Presented at the *17th Annual Health Promotion Conference Health in All Policies: Strengthening Multisectoral Health Promotion in an Irish Context*. Galway, May 2013.



Kelly, C. (2013). Childhood obesity, dietary habits and the food environment. Paper presented at the *Galway Diabetes Research Centre Meeting*, October 2013, NUI Galway.

Kenny, U., Kelly, C., Nic Gabhainn, S., Molcho, M., Gavin, A. (2013). Trends in body size perception among school-aged children in Ireland. Presented at the *17th Annual Health Promotion Conference Health in All Policies: Strengthening Multisectoral Health Promotion in an Irish Context*. Galway, May 2013.

Kuntsche, E., Wicki, M., Windlin, B., Demetrovics, Z., Nic Gabhainn, S. & the HBSC Drinking Motive Writing Group (2013). Are gender and cultural differences in adolescent alcohol use mediated by drinking motives? Evidence from 11 to 19-year-olds in 13 European countries. Poster presented at the 36th Annual Scientific Meeting of the Research Society on Alcoholism, Orlando, United States, June 2013.

Mahmood, S. & Barry, M.M. (2013). *Mapping Health Promotion Capacity in Low and Middle-Income Countries*. Oral presentation at the *21st IUHPE World Conference on Health Promotion 25 – 29 August 2013 Pattaya, Thailand*.

McKenna, V. (2013). The Development of Health Literacy for Individuals Participating in a Structured Risk Prevention Programme. Presented at the *Galway Diabetes Research Centre Meeting*, NUI, Galway, 01 Oct. 2013.

McKenna, V., & Barry, M.M. (2013). An investigation of the development of health literacy over time for persons attending a structured cardiovascular disease prevention and health promotion programme. Poster presented at the *17th Annual Health Promotion Conference Health in All Policies: Strengthening Multisectoral Health Promotion in an Irish Context*. NUI, Galway, 3 May 2013.

Molcho, M. (2013). International picture of bullying and health. Key Note Address at the *Growing Up in Ireland conference on Bullying in Children and their Health*. Dublin September, 2013.

Power, M. (2013). Professional peering through the looking-glass: Social care and medical students' perspectives on covertly administering medicines. [Oral Presentation], *Change, challenge, opportunity*, Social Care Ireland conference, Limerick, 20-MAR-13.

Power, M., & Leonard, R. (2013). Exchanging values and valuing exchanges: The Values-Exchange and interdisciplinary learning. [Oral Presentation], *Thinking Differently: New Curricula, New Skills in Higher Education*, Galway, 07-JUN-13.

Sweeney, L-A., Molcho, M. & Nic Gabhainn, S. (2013). Women involved in prostitution and their psychosocial experiences of the Irish healthcare service: an exploratory study. Presented at the *17th Annual Health Promotion Conference Health in All Policies: Strengthening Multisectoral Health Promotion in an Irish Context*. Galway, May 2013.

Thomas, A. A., Timmons, A., Molcho, M., Gallagher, P., O'Neill, C., Butow, P., Gooberman-Hill, R., O'Sullivan, E., & Sharp, L. (2013, September). Rurality and Quality of Life among Head and Neck Cancer Survivors in Ireland. Paper presented at the meeting of the *Irish Cancer Society Survivorship Research Day*, Dublin, Ireland.

Young, H., Burke, L. & Nic Gabhainn, S. (2013). Evidence based sexual health policies: The role of the Health Behaviour in School-aged Children Study (HBSC). Presented at the *17th Annual Health Promotion Conference Health in All Policies: Strengthening Multisectoral Health Promotion in an Irish Context*. Galway, May 2013.

Young, H., Burke, L., Callaghan, M., Courtney, L. & Nic Gabhainn, S. (2013). An international pilot study of sexual health questions for use in the health behaviour in school aged children study 2013/2014. Presented at the *10th Annual Psychology Health and Medicine Conference*. Dublin, May 2013.

Young, H., Burke, L. & Nic Gabhainn, S. (2013). Sexual health questions for use in the HBSC study 2013/2014: findings from an international pilot study. Presented at the *HBSC 30th Anniversary Conference*. St Andrews, 18 June 2013.

Young, H., Burke, L. & Nic Gabhainn S. (2013). Sexual behaviour, initiation and contraceptive use among adolescents in Ireland An analysis of the Health Behaviour in School-aged Children (HBSC) Study [Oral Presentation] *National Sexual Health Awareness Week 2013* Dublin, 12 Nov 2013.

## Funding

Research Project	Grant Amount	Funder
Adolescent Sexual Health in Ireland: Data, Dissemination and Development	112,095	Irish Research Council and the Crisis Pregnancy Programme
Agency and Agencies: The dynamics of agency working arrangements in social care		PI non-funded research
Bridging the Digital Disconnect – Using Technology to Support Young People’s Mental Health Needs	202,667	Inspire Foundation Ireland and the Young and Well Cooperative Research Centre, Australia
Cancer survivorship - costs, inequalities and post-treatment follow-up. Building capacity to meet the challenges to the health service and society	211,935	Health Research Board (HRB)
Developing Competencies and Professional Standards for Health Promotion Capacity Building in Europe (CompHP) (2009-2012)	659,542	Health Programme of the European Union, Executive Agency for Health and Consumers
Establishing a programme for dissemination of evidence based health communication activities and innovations on communicable diseases for country support in the EU and EEA 2009-12	636,180	European Centre for Disease Prevention and Control (ECDC)
Evaluation of the Longford/Westmeath Triple P parenting intervention	14,000	Archways
Evaluation of the Real U intervention in Foróige	17,115	Foróige Best Practice Unit
Health Behaviour in School-aged Children, Ireland	670,939	Department of Health
Health Behaviour in School-aged Children: Participation of children and young people in question development for the 2014 questionnaire		PI non-funded research
IROHLA - Intervention Research on Health Literacy among Ageing population	140,088	European Commission - European Union's Seventh Framework Programme

Local Community Initiatives to prevent overweight and obesity in children across Europe (HEPCOMM)	52,294	European Commission
Mainstreaming Health Promotion: Rapid Review of the Evidence on the Effectiveness of Mental Health Promotion Interventions	7,200	World Health Organization, Geneva
SPAN: Science for Prevention Academic Network	37,175	European Commission – Education and Culture (EAC)
The Injury and Violence Secondary Data Analysis Project		PI non-funded research
Young people’s awareness of alcohol marketing	62,929	Alcohol Action Ireland
<b>Total Grants</b>	<b>€2,824,159</b>	

# HPRC Management

The generic management structure for research centres and units recommended by NUI Galway has been adopted by the Health Promotion Research Centre. This consists of the establishment of an internal Steering Committee and an Advisory Board. The Steering Committee is comprised of a Director of the Centre, a Deputy Director, a team of Project Leaders, an Administrative Director and Secretary.

The Advisory Board consists of representatives from Health Promotion practice, policy and research at national and international level (Advisory Board members external to the HPRC are listed below).

## Advisory Board Members

- Professor Maurice Mittlemark, HEMIL Centre, University of Bergen, The Netherlands
- Professor Wolfgang Dür, Ludwig Boltzmann Institute for Health Promotion Research, University of Vienna, Austria
- Dr. John Devlin, Deputy Chief Medical Officer Department of Health and Children, Dublin
- Ms. Biddy O'Neill, Health Services Executive
- Professor Gerry Loftus, Dean of the College of Medicine, Nursing and Health Sciences
- Professor Edward Herring, 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
- Mr. Declan Ashe, Director of Strategic Development, College of Medicine, Nursing and Health Sciences, National University of Ireland Galway
- Mr. Gary Lupton, Research Office, National University of Ireland Galway.

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