



Health Promotion Research Centre Summary of Activities, 2015

Welcome

2015 has been another innovative and productive year for the Health Promotion Research Centre (HPRC) at NUI Galway. The continued focus on key topics of national and international interest, such as childhood health and well-being, mental health promotion, health literacy, cancer survivorship and workplace health promotion means that the work of the HPRC is both relevant and responsive to the needs of the Irish population. The Annual Conference on the topic of *'Health Literacy: Research, Policy and Practice'* was hugely successful with our highest ever number of delegates attending. The on-going collaboration with the World Health Organization through our Collaborating Centre for Health Promotion Research, under the leadership of [Professor Margaret Barry](#), remains a strategic focus and places us at the forefront of international health promotion scholarship.



As Director of the HPRC, I wish to pay tribute to the dedication of all the team and I look forward to further opportunities to strengthen our leadership in this field.

[Dr Jane Sixsmith](#)

Director, 2015, Health Promotion Research Centre

Current Research Projects

As a consistently vibrant and productive research centre the HPRC has in the last five years been involved in over 30 national and international funded projects with a cumulative grant income of almost €5 million. We have published over 125 peer reviewed publications, 221 presentations and 85 reports. A recent HPRC project review showed that we are actively translating our research into policy and practice. Detailed descriptions of our 2015 projects are available below.

- Updating the MINDOUT Mental Health Promotion Programme for Post-Primary Schools [Download](#)
- Health Behaviour in School-aged Children, Ireland [Download](#)
- Scoping Review of Case Management in the Treatment of Drug and Alcohol Abuse [Download](#)
- Children's Views on Understanding Their Lives: A Participation Initiative [Download](#)
- What Works in Enhancing Social and Emotional Skills during Childhood and Adolescence? [Download](#)
- Local Community Initiatives to Prevent Overweight and Obesity in Children across Europe [Download](#)
- Syntheses of the Evidence in Health Promotion and Recommendations for Practice -Psychosocial Skills Thematic Area [Download](#)
- Promotion of Mental Health and Primary Prevention of Mental Disorders [Download](#)
- Inequalities in Childhood Cancers [Download](#)
- IROHLA - Intervention Research on Health Literacy among the Ageing population [Download](#)
- Study on Bullying and Incivility in the University Setting [Download](#)
- Cancer Survivorship - Costs, Inequalities and Post-Treatment Follow-Up [Download](#)
- SPAN: Science for Prevention Academic Network [Download](#)
- The Injury and Violence Secondary Data Analysis Project [Download](#)
- Young People's Awareness of Alcohol Marketing [Download](#)
- Combating Childhood Obesity Through Improving Dietary and Food Environment Measurements [Download](#)
- Irish Workplace Behaviour Survey 2015 [Download](#)
- Inter-professional Education [Download](#).

Spotlight on Research: Intimacy and Sexual Health amongst Older People in Europe (Intimage)



Intimage is an Erasmus+ funded project undertaken in collaboration with education and training providers across Europe from Slovenia, Austria, Germany, Italy, Greece, the U.K. and Ireland (Drs [Martin Power](#) and [Jane Sixsmith](#), HPRC). This project seeks to raise awareness amongst health and social care professionals of the importance of intimacy and sexual health for older people. While people are living longer and older people make up an ever growing proportion of the population in many European countries, an ageist approach that views older people as largely asexual is a common feature of many European societies. More importantly, many older people report that they would like more information from health and social care professionals, but that they frequently encounter barriers in this area. With this in mind, the Intimage project is developing a range of online educational and training materials for health and social care professionals. Information on the project can be accessed at: www.intimage.eu

Researcher Profile: Katie Dowling

In 2013 I graduated from the NUIG MA in Health Promotion programme and joined the HPRC as a research assistant in 2014. I am currently working with [Professor Margaret Barry](#) on the re-development, implementation and evaluation of the MindOut programme, a project commissioned by the HSE. MindOut was developed in 2004 to promote the mental wellbeing of young people aged 15-18 years in schools. The first phase involved the revision of the programme to better reflect the issues of young people today as well as recent policy, practice and research developments in school mental health promotion. The programme is undergoing revision for the youth and post primary school settings. The HPRC has provided me with the opportunity to collaborate on a number of projects, engaging with researchers and professionals both nationally and internationally. These experiences have challenged me to develop my skills as a researcher and use them to contribute to health promotion in Ireland.



Spotlight on Research: Inequalities in Childhood Cancers



In Ireland 128 children are diagnosed with cancer annually of which around 100 survive. The survival rates from childhood cancers have increased over the years, resulting in a growing population of long-term cancer survivors. The risk of developing childhood cancers is known to vary by social factors (such as social class), however, there is little understanding of social inequalities in childhood cancer outcomes, or childhood cancer survivors' health. This project, funded by the Irish Cancer Society and coordinated by [Dr Michal Molcho](#) of the HPRC aims to explore inequalities in childhood cancer survival rates and long-term health outcomes. This project has three stages: the first stage explored the international evidence on inequalities in outcomes for childhood cancer survivors. The second stage focused on analyses of routinely-collected data on prevalence and outcomes of childhood cancers in Ireland by gender and area-level deprivation. Currently we are conducting a survey of childhood cancer survivors to assess their self-reported health outcomes, wellbeing and health and social support needs.

Visitor Profile: Silvia Morreale

I graduated in 2010 and followed this with residential training in Health Education and Health Promotion, with the Ministry of Health of Buenos Aires City, Argentina. Between 2014 and 2015, I was offered the opportunity to participate as a research assistant in the HPRC. I worked on a project called What Works in Enhancing Social and Emotional Skills during Childhood and Adolescence? Funded by the Early Intervention Foundation, the Cabinet Office, Social Mobility and Child Poverty Commission, UK and led by [Professor Margaret Barry](#) and Dr Aleisha Clarke. In this project we examined the evidence of the effectiveness of interventions implemented in the UK. I was very fortunate to get this position because I had the opportunity to work with highly qualified researchers from a diversity of academic and cultural backgrounds. Also, this experience strengthened my interest in research and allowed me to export to my home country new ways of thinking and working in the field of Health Promotion.



2015 Conference: Health Literacy: Research, Policy and Practice



Front row from left to right: Conference Chair: Dr Jane Sixsmith, NUI Galway; Dr Rima Rudd, Harvard T.H. Chan School of Public Health; Professor Margaret Barry, NUI Galway; Ms Biddy O'Neill, HSE; Dr Cate Hartigan, HSE.

Back row from left to right: Professor Tim O'Brien, NUI Galway; Mr Owen Metcalfe, IPHI; Dr Gerardine Doyle, UCD; Dr Kevin Kelleher, HSE; Dr Graham Kramer, Scottish Government; Mr Tony O'Brien, Director General, HSE.

Spotlight on Research: Irish Workplace Behaviour Survey

The Irish Workplace Behaviour Study comprises a national survey of people's experiences of workplace ill-treatment, and case studies focusing on perceived reasons for negative behaviours and the perceived appropriateness and effectiveness of organisational policies and practices. The survey, now completed, included interviews at 1,764 homes, from a gross sample of 3,200 addresses which represents a 74% response rate after adjustment for non-response. All those interviewed are currently employed or were employed within the last two years. The sample was well balanced in respect of gender, ethnicity and occupational group, and was representative of the population. Respondents were asked to indicate, using a checklist of 21 negative acts, whether they had experienced any of the behaviours, witnessed any of the behaviours or perpetrated any of the behaviours. Overall, 43% of the sample experienced at least one act, and 26% experienced at least three negative behaviours. The sectors with the highest levels of ill-treatment were Health and Social Work, Wholesale/Retail, and Education. Health and Social Work has had the 3rd and 2nd highest levels of bullying in previous Irish studies (2001, 2007) respectively. More detailed bi- and multi-variate analysis is underway, as are case study interviews. This study is being undertaken in collaboration with the University of Limerick and Plymouth University. HPRC Researchers are Drs [Margaret Hodgins](#) (PI), [Vicky Hogan](#) and [Lisa Pursell](#).



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