

## DECIPHer: Centre for the **D**evelopment and **E**valuation of **C**omplex **I**nterventions for **P**ublic **H**ealth Improvement

### UKCRC Public Health Research Centre of Excellence

A CISHE-led bid to the UK Clinical Research Collaboration (UKCRC) for a Public Health Research Centre of Excellence has been successful. The DECIPHer Centre bid was for a strategic partnership between the Universities of Cardiff, Bristol and Swansea, in collaboration with key organisations concerned with public health policy and practice in Wales and the South West of England.

The Centre will bring together experts from a range of disciplines to tackle public health issues including diet and nutrition, physical activity, and alcohol, tobacco and drugs. There will be a particular focus on developing and testing interventions that will have an impact on the health and health behaviours of children and young people. The Centre will receive up to £5m over 5 years to create new academic posts and develop strong training and career development programmes. The Centre will engage strongly with policy, practice and public user communities.

DECIPHer is one of five Public Health Research Centres of Excellence funded by a partnership of funders consisting of the British Heart Foundation, Cancer Research



*Dr Sue Denman, Professor Laurence Moore, Dr Tony Jewell, Professor Ronan Lyons and Professor Rona Campbell.*

UK, Economic and Social Research Council, Health and Social Care Research & Development Office for Northern Ireland, Medical Research Council, National Institute for Health Research, Wales Office of Research and Development - Welsh Assembly Government, and the Wellcome Trust. These funders came together under the auspices of the UK Clinical Research Collaboration (UKCRC) to provide the £20 million investment to establish the Centres of Excellence. DECIPHer's initial 5-year funding period is due to commence in September 2008.

The vision for the DECIPHer centre is to play a leading role in national efforts to bring about a major step change in the identification and implementation of effective public health improvement action. It will achieve this through the development and evaluation of a variety of innovative

interventions and an integrated capacity development programme to ensure long-term sustainability of the Centre and its research programmes. A core value of DECIPHer will be to maximise the relevance and impact of its research in UK and international policy and practice circles, where DECIPHer has a strong track record and well established structures and collaborations. Our overall mission is that:

'DECIPHer will undertake methodologically innovative multidisciplinary research with a focus on the development and evaluation of complex interventions and policies to achieve sustainable improvements in the health and well-being of the public, with particular emphasis on children and young people. In collaboration with other Centres in the UK, DECIPHer will lead and facilitate research of international excellence, placing emphasis on involving young people and the public, tackling health inequalities, creating new research capacity and maximising



*The DECIPHer Co-applicants*

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impact on, and engagement with, policy and practice in the UK and beyond’.

Working with collaborators from within the partnership institutions and other key international and national collaborators, DECIPHer will pursue strategic research programmes in a number of interconnected areas, including multiple risk behaviours in young people and their underlying causes, innovative and sustainable interventions, health promotion in schools and youth settings, health improvement in communities and families, and environmental and policy interventions. The Centre’s work will be underpinned by the socio-ecological framework of public health which highlights the interconnectedness of determinants of health and the need for complex, multi-level interventions to bring about effective and sustained health improvement.

DECIPHer will be directed by Laurence Moore, with the support of co-directors Ronan Lyons (Swansea) and Rona Campbell (Bristol). The other nine co-applicants were Chris Butler, Glyn Elwyn, David Fone,

Soren Holm, Simon Murphy and Gareth Williams (Cardiff) and Jenny Donovan, David Gunnell and Matt Hickman (Bristol). Within Cardiff University, DECIPHer will be a cross-school collaboration involving Social Sciences, Medicine, Dentistry and Law. The Bristol base for DECIPHer will be the Department of Social Medicine, while the Swansea base will be the Health and Information Research Unit in CHIRAL.

The success of the DECIPHer bid was in no small part due to the support of colleagues in Wales, most notably CRC-Cymru, and the Wales Office of R&D and the Department of Public Health and Health Professions who co-fund the Public Health Improvement Research Network for Wales, the work of which will continue under the auspices of DECIPHer. The funding of DECIPHer comes at an exciting time for public health in Wales, to which DECIPHer is keen to contribute through a strategic and focussed programme of work on intervention research in priority health areas, with a focus on children and young people.

### Stop press:

This edition of the Newsletter has been delayed due to this having been a very busy period for CISHE. As well as the success of the DECIPHer bid, other recent fruits of success emerging from this busy period are two MRC project awards (one a collaboration between the Dental School (J Shepherd, S Moore) and CISHE on alcohol/violence reduction, and the other a collaboration between CISHE and Swansea University (R Lyons, K Tapper) on data linkage and the free breakfast initiative trial. The main findings of the ASSIST trial have also been accepted for publication by *The Lancet*, and the *New Scientist* is featuring our work on Policy Trials in a forthcoming article. More on each of these in the next edition of the Newsletter.

# Events

## Ethics, philosophy and public health conference a success

In August, CISHE hosted the 21st annual conference of the European Society for Philosophy of Medicine and Health Care on the topic of “Ethics, philosophy and public health”.

Approximately 190 people attended the 3 day conference and listened to 4 keynote lectures, a number of seminars and 120 papers in concurrent sessions. Although the weather was the usual Cardiff mix of rain and sunshine everyone seemed to enjoy the conference and many of the overseas visitors were impressed by Cardiff as a city.

Among the academic highlights of the conference was Professor Inez de Beaufort’s keynote “The most used arguments against the obese and what is wrong with them”. In this presentation, which was richly

illustrated, she expressed the view that the arguments usually used to impute personal moral responsibility onto obese persons were all problematic and that such personal moral responsibility for becoming obese or for not slimming was rare.

A seminar on “The definition of ‘Public Health’” attracted many participants and there was very lively discussion after the presentations. Two main issues of contention emerged in this seminar and in the conference as a whole. The first being what concept of health could underlie a reasonable concept of “Public Health”, the second being how to define the public in the public health concept. It was pointed out that neither of these issues is straightforward and that they have implications not only for the measurement of public health but also for choice of intervention strategies.

A number of papers from the conference will be published in the Society’s journal *Medicine, Health Care and Philosophy* (Springer).

The conference was supported financially by CISHE, Cardiff Law School and the British Academy.

## The Second Julian Tudor Hart Lecture

On 16th May 2007 Professor Mansel Aylward, Director of the Unum Centre for Psychosocial and Disability Research, Cardiff University, gave the second Julian Tudor Hart Lecture to an audience of 100 delegates, including Julian Tudor Hart himself. His theme was Changing the Culture about Work, Health and Inactivity: The avenues to happiness and wellbeing.

This lecture series, inaugurated last year, has been established, jointly with PHA Cymru, to engage academe in current public health issues with a view to promoting relevant research and scholarship.

In a highly informative and amusing presentation Professor Aylward described

some of the potential benefits of work including promoting connection, engagement, commitment, vital engagement (meaning and absorption), effectance (interacting with, and controlling environment) and health and wellbeing.

He also identified negative aspects of unemployment including loss of income, destruction of self-respect, risks of ill-health and transgenerational effects.

He stated that long-term worklessness is one of the greatest known risks to public health. It is equivalent to smoking 10 packs of cigarettes per day and more harmful than many “killer diseases” and most recognised dangerous jobs such as construction and working in the North Sea.

Incapacity for work attributable to mental health problems is a growing problem in all the more developed (“Western”) societies despite improvements in most objective measures of health.

Professor Aylward then talked a little about the Pathways to Work programme with its clear focus on vocational goals and outcome measures, and its responsiveness to the biological and psychosocial components of worklessness.

In conclusion Professor Aylward proposed an addendum to Julian Tudor Hart’s Inverse Care Law, that disadvantaged people in most need of health improvement tend to be those least able to respond to existing policies.

Further details of Professor Aylward’s lecture are available on the PHA Cymru website at [www.ukpha.org.uk](http://www.ukpha.org.uk)

## Health Challenge Wales Evidence for Policy Seminar Series

The sixth Health Challenge Wales Evidence for Policy seminar took place on 22nd October 2007 and focused on *Communities as resources for health improvement: assets based approaches to research, policy and practice*. The seminar was a joint venture between PHIRN, AWARD and the Welsh Assembly Government.

The session was opened by Antony Morgan, Associate Director in the Centre for Public Health Excellence at the National Institute



of Health and Clinical Excellence. His talk, *Revitalising the evidence base for public health: an assets model* argued that traditional approaches to population health have been based on a deficit model. That is, they tend to focus on identifying the problems and needs of populations that require professional resources and high levels of dependence on hospital and welfare services. In contrast, ‘assets’ models tend to accentuate positive capability to identify problems and activate solutions. He went on to posit a model that promoted salutogenic resources and the participation of local communities in the health development process.

He was followed by David Fone, Centre for Health Sciences Research, Cardiff University, who addressed some of the methodological difficulties in researching such processes. His talk, *Social cohesion, income deprivation and common mental disorders*, drew on population survey data from the Caerphilly Health & Social Needs Study, and summarised an investigation of the joint effect of community and social cohesion and socio-economic deprivation on individual mental health status. He concluded that despite increasing evidence that the social environment of the places where people live influences health, there is surprisingly little evidence for associations with mental health and suggested a number of directions for future research.

Barbara Castle, a Community Development and Regeneration Consultant with over 35 years experience of working at national and grass roots levels responded by addressing policy and practice issues and their influence on research. Her talk, *Measuring health at community level - complexity and entanglement* highlighted the difficulty of

knowing what works at community level due to the overlapping of initiatives and variable funding time spans. She suggested a need to define simpler mechanisms for evaluation and attribution which requires an alternative paradigm of ‘shared’ outcomes between partners.

A discussion session was chaired by Professor Gareth Williams, CISHE, Cardiff University, with debate focusing on appropriate research approaches for the area and how best to inform and influence policy. A number of potential areas for research development were also identified. The seminar was followed by a book launch for *Community Health and Well Being: Action Research on Health Inequalities* by Steve Cropper, Alison Porter, Gareth Williams et al (eds.), Bristol: Policy Press. Full seminar presentations and details of previous seminars can be found at (<http://www.cardiff.ac.uk/socsi/cishe/pages/Events/HCWseminars.html>).

The seminar was part of an ongoing free quarterly seminar series organised by the Public Health Improvement Research Network (PHIRN) and the Welsh Assembly Government which aims to promote policy relevant research and evidence based policy for health improvement by bringing together key academics, practitioners and policy makers.

If you would like to be kept informed of future events please contact Zoë Macdonald: [macdonaldz@cardiff.ac.uk](mailto:macdonaldz@cardiff.ac.uk)



Book launch. Contributors to ‘Community Health and Wellbeing’

# CISHE Spotlight

## UK Foresight Programme: Tackling Obesity: Future Choices

Two Cardiff researchers were among the distinguished group of experts invited to contribute specialised reviews to the UK Government Foresight programme on tackling obesity. Here, we present summaries of the two reports, prepared by Greg Maio and Soren Hølm:

## Social Psychological Factors in Lifestyle Change and Their Relevance to Government Policy

To deal with societal crises, governments frequently have an interest in helping their populations to adopt different behaviours. Historical examples include attempts to change dietary habits and working life for women during World War II, periodic information and legislation campaigns to curtail abuse of drugs and alcohol, and legislation and education programs to improve driver safety. Contemporary examples include the global interest in changing commuting behaviours that contribute to global warming, and dietary and exercise behaviours that contribute to obesity.

The obesity crisis provides a particularly clear example of the importance of understanding lifestyle change for public policy. Medical models indicate that obesity is due to an imbalance between calorie intake and output and that, in recent decades, food has become less expensive, more varied, and more palatable, helping to increase caloric intake (Wardle, 2006). At the same time, technological developments continually “engineer physical effort out of the environment” (Sharpe et al, 2006, p. 3). The implication is that environmental and personal factors that increase caloric consumption and reduce physical activity increase the obesity risk. Presumably then, we need to both alter our environment and make better choices in order to reduce the chances of becoming overweight.

In our review for the “Tackling Obesity: Future Choices” project, we used social psychological theory and research to understand healthy lifestyle change and relevant policy implications. A basic assumption in the social psychological perspective is that the environment and the person interact to determine behaviour and behaviour change (Allport, 1935; Heider, 1944, 1946; Lewin, 1938, 1951). This emphasis has spawned a long tradition of theory and research that explores the role of these factors in an assortment of behaviours.

In the first section of the review we elaborate on one concept, habit, which is affected by both environmental and personal factors. We describe how this concept applies to lifestyle change. We then discuss a distinction between upstream and downstream approaches to lifestyle change (Verplanken & Wood, 2006), reviewing evidence from within and outside of the health context to illustrate the upstream and downstream approaches. This review summarises general theory and evidence about interventions to change a variety of unhealthy behaviours, including smoking, unsafe sex practices, poor diet and a variety of other behaviours including unsafe driving, car use, binge drinking, and racism.

In a second section we reflect on how current research practices limit the application of research insights to public health practice, consider how changes in the documentation of behaviour change interventions (and their evaluations) could facilitate the transfer of knowledge from research to evidence-based practice, and identify some important topics for future study. Finally, we conclude by highlighting issues that need to be addressed to facilitate application of knowledge to future lifestyle change campaigns and interventions. Using relevant social psychological theory and evidence, it should be possible to help achieve lifestyle change in a population.

For further information regarding the proposed please contact Greg Maio, School of Psychology, Cardiff University, [Maio@cardiff.ac.uk](mailto:Maio@cardiff.ac.uk).

## Libertarian paternalism - a new concept in public health ethics

Soren Hølm’s paper, *Obesity interventions and ethics* was recently published in a supplement to the journal *Obesity Reviews*<sup>1</sup>. Writing this paper was an interesting task, partly because the general area of public health ethics is developing rapidly at the moment and partly because the space limitations imposed made it necessary to think very carefully about what the most important topics are. This article highlights recent, important theoretical development in public health ethics.

A traditional way of analysing the ethics of health improvement activities is to say that they create a tension between individual liberty and the good of either the individual in question or the public good. If you think that it is OK to override individual liberty to protect or promote public goods you are then labelled a “paternalist”, and if you want to protect individual freedom you are either a “liberal” or a “libertarian”. Libertarians are generally sceptical towards any state interference with individual choice, and some ultra-libertarians are also sceptical of whether the existence of the state itself can be justified.

However, it has recently been pointed out by the American authors Thaler and Sunstein that there is a form of paternalism that is completely compatible with both libertarian and liberal views, and they call this “libertarian paternalism”<sup>2</sup>. They show that there are ways of influencing people’s choices that neither involves any infringement of their liberty nor establishment of any negative incentives attached to the “unhealthy” choice (like tobacco taxation that libertarians generally dislike). The core of libertarian paternalism is to utilise the knowledge developed in marketing studies and psychology concerning how people process information in choice situations to make the “healthy” choice the one that is easiest to make. If we for instance know that people are more likely to choose items at the top of a menu when choosing in a cafeteria, we should put the healthy options on top and the unhealthy ones at the bottom. In this way we make it

more likely that a healthy option is chosen without removing the liberty to choose an unhealthy one.

It is obvious that libertarian paternalism will not solve all problems in public health ethics. It will not convince ultra-libertarians who deny the legitimacy of the state and, by implication, public health authorities; and it cannot contribute to a solution of

those situations where the trade-offs are not between individual liberty and individual health, but between individual liberty and public health. But libertarian paternalism is however an interesting attempt in moving the public health debate forward.

Hølm, S. (2007). Obesity interventions and ethics. *Obesity Reviews*, 8, (Suppl.1), 207-210

Thaler, R.H. & Sunstein C.R. (2003). Libertarian Paternalism. *American Economic Review*, 93, 175-79.

For further information please contact Soren Hølm: HolmS@cardiff.ac.uk

# CISHE News and Activities

## CISHE in the UK

On 26th June 2007 **Professor Soren Hølm** gave evidence to Parliament's Joint Committee on the Draft Human Tissue and Embryos Bill. This evidence is quoted in several places in the Committee's report published on the 1st August 2007.

**Professor Gareth Williams** delivered a plenary lecture on Incapacity at the British Sociological Association (BSA) Medical Sociology conference in Liverpool, 6th-8th September 2007.

This presentation can now be accessed through the Medical Sociology online website: [www.medicalsociologyonline.org](http://www.medicalsociologyonline.org)

## CISHE Abroad

### 19th IUHPE conference on Health Promotion and Education



CISHE had a strong presence at the International Union for Health Promotion and Education (IUHPE) conference, Vancouver June 11th - 15th 2007, with presentations by Eva Elliott, Mike Shepherd, Simon Murphy and Laurence Moore. This year's conference title was *Health Promotion Comes of Age: Research, Policy & Practice for the 21st Century*, with four key conference themes: Eva's

paper presented the findings from an evaluation of a community based food co-operative programme. Simon reported on a large focus group study examining community health assets. Mike's paper was on qualitative systematic reviewing and Laurence's reported on an evaluation of a school based peer smoking prevention programme. In addition, in collaboration with Professor Waters and Dr Gibbs of Melbourne University, they all participated in a well received workshop on maintaining rigour in mixed methods evaluation designs. Indeed, the workshop was so successful that future exciting Australian collaborations are currently in the pipeline - watch this space!

**Alex Faulkner** was nominated to represent the Economic and Social Research Council (ESRC) at a Wellcome Trust-Center for Integration of Medicine and Innovative Technology (CIMIT) meeting on Cross-Disciplinary Innovation in Medical Technology, 12-13 July 2007, held at MIT (Massachusetts Institute of Technology) in Cambridge, Massachusetts, USA.

**Gareth Williams** attended the Australasian and Oceanian Health Impact Assessment Conference in Sydney speaking on Knowledge, Politics and Health Improvement. November 2007.

**Gareth Williams** also spoke at a seminar on Health Impact Assessment in the Victoria Public Health Department and also at a seminar on 'Place-based interventions to improve health' in the Victoria Neighbourhood Renewal Department, Australia. November 2007.

**Gareth Williams and Eva Elliott** gave a joint paper in the stream on 'Sociological Practice' at the American Sociological Association annual conference: *Developing a public sociology: from lay knowledge*

*to civic intelligence in health impact assessment*. 11th - 15th August 2007

For a full list of CISHE activities please see pages 13-18.

## Personal Recognition

**Dr Alex Faulkner** has been invited to be a founding Associate Member of the new international Centre for Regulation of Emerging Technologies, based at the University of York. The Centre will coordinate and conduct research, and provide consultancy and courses.

The achievements of a number of CISHE staff and students were recognised in July 2007 as they graduated with postgraduate degrees from Cardiff University.



Sue Moore



Jo Holliday

**Sue Moore**, above, graduated with distinction in the MSc, Social Science Research Methods in July 2007.

**Jo Holliday**, above, received her PhD in Social Sciences.

**Simon Williams**, below, graduated with distinction in the MSc in Social Science Research Methods at Cardiff University's School of Social Sciences.



Simon Williams

# New CISHE Projects

## Evaluation of packed lunch guidance for parents and primary schools



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government



The research team for this work comprises Dr Michael Shepherd, Samia Addis and Kathy James.

*Appetite for Life* proposes that schools should be encouraged to influence, assist and guide pupils and parents in the preparation and provision of nutritious packed lunches and other food brought into school. The 'healthier lunch boxes' guidance issued by the Welsh Assembly Government is in two parts; a leaflet for parents and guidance for primary schools. It is the purpose of this project to assess the impact, success and utility of this advice using mixed methods including an audit of lunch box contents, interviews with parents and school staff and focus groups with primary school children across Wales. For further information please contact Samia Addis: [addisS1@cardiff.ac.uk](mailto:addisS1@cardiff.ac.uk)

## The role of parents in preventing alcohol misuse: An Evaluation of the Kids, Adults Together Family Forum programme (KATFF)



This project, funded by the Alcohol Education & Research Council (AERC), will evaluate a new alcohol misuse prevention intervention being delivered to primary school children and their parents. Families play a crucial role in shaping how young people learn about and use alcohol. Parents are important role-models through their own attitudes and drinking within the home and how they talk to their children about alcohol. Recent research has demonstrated that attempts to prevent young people misusing alcohol need to engage with and influence family life as a whole.

The Gwent Kids, Adults Together Family Forum (KATFF) is designed to increase parental awareness about the need for positive role-modelling and clear communication in relation to alcohol. It is based on the *Parents, Adults and Kids Together (PAKT) Programme* developed by Life Education Australia. The intervention consists of a school-based 'fun' evening, in which parents and children work together on activities designed to increase awareness of substance misuse. Gwent Police is leading a partnership of organisations to introduce the programme in Gwent during 2008, using it to focus on alcohol, and adapting the 'cultural' content. It is the first time that the programme has been used in the UK, and will be renamed as the Kids, Adults Together Family Forum (KATFF). PAKT has been selected as a way of increasing parental awareness of the importance of learnt behaviour and clear communication in relation to alcohol. A major innovation is the production of a DVD, given to families at the

end of 'fun' evenings, to reinforce KATFF's key messages. KATFF will operate with primary school class groups (Year 6), and children are involved in preparing for their 'fun' evening during school lessons. It is a primary prevention intervention, delivered to all families with children in selected classes.

The research evaluation of the programme is being undertaken by CISHE, and the team is made up of researchers from AWARD and PHIRN. The first stage of the evaluation will investigate the programme's aims and underpinning theory and the adaptation of the Australian programme. A review of the literature on alcohol misuse prevention interventions with young people will also be undertaken. The research will then go on to explore the early implementation of KATFF, examine how families engage with the programme, and assess the feasibility of extending KATFF to other parts of Wales.

Qualitative methods will be used, comprising:

- interviews with members of the working group developing KATFF, school staff and other key stakeholders;
- analysis of documents relating to the programme's development;
- observation of classroom preparation and the fun evening in two schools participating in KATFF;
- focus groups with parents and children to explore their experience of participating in KATFF; and
- a questionnaire, which will be distributed to all families invited to attend the KATFF programme in the two study schools.

The project will identify outcome measures for a definitive Phase III research trial of the KATFF Programme, and will assess the feasibility of implementing the programme in other parts of Wales. It aims to add to the evidence base in relation to how prevention interventions shape attitudes to drinking in the home, and the most effective ways of engaging with families in this area. The project runs from April 2008 until June 2009.

For further details contact:

Jeremy Segrott: [SegrottJ@cardiff.ac.uk](mailto:SegrottJ@cardiff.ac.uk)

# Current CISHE Projects

## Changes in Child Exposure to Environmental Tobacco Smoke (CHETS) Wales



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government

Funded by the Welsh Assembly Government, CISHE is currently investigating the impact of the ban

on smoking in enclosed public places on the exposure of primary school children to second hand smoke.

The CHETS Wales survey is designed to primarily address two hypotheses:

- Among children who live in households with other smokers, there will be no change in children's exposure to second hand smoke in the home following the introduction of smoking ban legislation.
- Among all children, there will be a reduction in children's exposure to smoking, children's perception of smoking as a normative behaviour, and primarily, secondhand smoke.

The study involves conducting a repeated cross-sectional study of children in year 6 on two occasions. The first survey took place in February and March 2007 with almost 2,000 students in seventy five primary schools across the whole of Wales. The second survey was conducted with a different group of students in these seventy five schools between February and April 2008. On each occasion students provide questionnaire data (on own smoking behaviour and exposure to secondhand smoke in public places) and saliva samples (for cotinine analysis to biochemically measure exposure to secondhand smoke).

For further information, contact  
Dr Jo Holliday: [HollidayJ1@cardiff.ac.uk](mailto:HollidayJ1@cardiff.ac.uk)

## Performance Assessment and 'Wicked Issues': the case of health inequalities



This study aims to explore approaches to monitoring, assessing and improving the work of public services in addressing health

inequalities in three different audit cultures: England, Scotland and Wales. This priority area is an example of a 'wicked issue', understood as a complex issue that requires different public services to work together, often without a clear understanding of causes and how the intended outcomes can be best achieved.

The research is exploring the contribution of performance assessment to making progress with health inequalities in nine localities: four in England, two in Scotland and three in Wales. Participants have been selected across Local Health Boards or Primary Care Trusts, local authorities and health partnerships. Regional and national representatives are also being approached. Initial interviews were conducted in May - July 2006 and a second round began at the beginning of 2008.

The research is funded by the Economic and Social Research Council (ESRC) as part of a programme entitled 'Public Services: Quality, Performance and Delivery.' It is led by Durham University in collaboration with the Health Services Research Unit, University of Aberdeen, and the School of Social Sciences, Cardiff University. The Principal Investigator is Tim Blackman from the School of Applied Social Sciences at Durham University. Gareth Williams (co-applicant) and Eva Elliott are undertaking the research in Wales.

For further details on the research in Wales contact Professor Gareth Williams: [WilliamsGH1@cardiff.ac.uk](mailto:WilliamsGH1@cardiff.ac.uk)

## A Social Network Analysis of Peers and Smoking in Adolescence (SNAPS)



SNAPS is an MRC-funded project which aims to provide an important insight into the complex interplay between peer relationships and smoking behaviour that will contribute to understanding, theoretical development, and improved design and targeting of interventions to combat smoking in adolescence.

This study uses data collected through the MRC-funded 'A Stop Smoking in Schools Trial' (ASSIST) to investigate whether smokers choose other smokers to be friends with, or whether within friendship groups the uptake of smoking is through another social mechanism such as imitation or overt pressure. Other analyses consider whether personal network characteristics, such as popularity, affect smoking behaviour, and whether an individual's position in their social network (for example, as a group member or isolate) affects their propensity to smoke. The importance of the characteristics of the friendship tie, the friends respondents associate with and the characteristics of the school social networks will be considered.

Amongst other methods, the study will apply recent developments in the dynamic analysis of social networks and behaviour, and utilises an innovative statistical modelling program, SIENA (Simulation Investigation for Empirical Network Analysis).

This study is associated with the European Collaborative Research Project (ECRP) and its collaborative research project: Dynamics of actors and networks across levels: individuals, groups, organisations, and social settings (DANL) (see, <http://stat.gamma.rug.nl/ECRP-DANL/default.htm>) which involves seven European research teams.

## CURRENT CISHE PROJECTS (continued)

For further information contact Dr Jo Holliday: [HollidayJ1@cardiff.ac.uk](mailto:HollidayJ1@cardiff.ac.uk)

### Evaluation of the National Exercise Referral Scheme (NERS)



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government

The evaluation team has been busy over the past year preparing for the roll-out of the NERS. Following ethical approval, the team researched, agreed, translated, and piloted a set of well-validated measures to use during the evaluation. Throughout the process, the team liaised with the Welsh Assembly Government, members of local government, and the advisory board on several programme, evaluation, and funding issues. To assist data collection, databases were designed, built, tested, and deployed for use within the NERS and for the evaluation administration team to store referral, monitoring, and outcome data. Strategy, training, protocols and materials were disseminated at conferences run in partnership with representatives from the Welsh Assembly Government to support members of local government and exercise co-ordinators.



Additional funding has meant that the evaluation team has grown this year and will continue to grow. Dr. Helen Lewis started on July 1st as a research fellow working with Dr. Nefyn Williams at the North Wales Clinical School, and part-time administrators Kim Sheppard and Hayley Collicott started in December 2007 based at CISHE. The additional funding also supports a second year of the evaluation, which means an additional 6 areas are involved in the roll-out and an additional 1,052 participants will be recruited. This brings the total number of areas involved in the trial to 12 and the number of participants to 2,104.

The evaluation team at CISHE has processed over 2,250 referrals from the National Exercise Referral Scheme in Wales of which 769 are now in the trial. The coming months will see the rate of referrals double as the NERS is rolled out in all 12 areas and more surgeries come onboard. Participants began to be randomised into the evaluation in November 2007. Baseline, 6 month, and 12 month data delivering the main outcomes measures will be collected in the coming months together with a nested process and economic evaluation. The first output from the trial was at the British Heart Foundation's National Centre for Physical Activity and Health 7th Annual Conference, 28th November 2007 in Nottingham.

For further details contact Dr Larry Raisanen: [RaisanenL@cardiff.ac.uk](mailto:RaisanenL@cardiff.ac.uk)

### Review of the Welsh Network of Healthy Schools Scheme



Welsh Network of Healthy Schools Scheme



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government

The Welsh Assembly Government has commissioned CISHE to gather evidence of the progress and achievements of the Welsh Network of Healthy School Schemes (WNHSS) which was developed as part of the European Network of Health Promoting Schools.

The health promoting schools concept is based on a social model of health and has been embraced internationally as an effective method for promoting the health of children, adolescents, and the wider school community.

The Welsh Network of Healthy School Schemes encourage the development of local healthy school schemes within a national framework and includes schemes within all of the twenty two local authority areas in Wales.

The methods used include:

- A review of documents produced since the schemes were first funded.
- A consultation of the stakeholders involved in each of the 22 schemes.
- Interviews with Healthy School Coordinators in all of the 22 authorities in Wales.

- In-depth case studies of 6 schemes
- Interviews with international experts.

Emerging findings will be reviewed by a panel of experts in school-based health promotion and by key stakeholders invited to attend three regional meetings. A report to the commissioners is expected to provide overarching observations, conclusions and recommendations for future development and support of the Network.

For further details contact Heather Rothwell: [RothwellH@cardiff.ac.uk](mailto:RothwellH@cardiff.ac.uk)

### Neighbourhood, social deprivation and mental health: the mediating role of social cohesion



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government

Funded by the Welsh Office of Research and Development in Health and Social Care (WORD), this project is a partnership between researchers at CISHE and the Centre for Health Sciences Research. The research builds on results from the Caerphilly Health and Social Needs Survey which collected cross-sectional health and neighbourhood related data from 12,092 respondents living in the borough. The survey established that income deprivation and low social cohesion measured at a small area level are significantly and independently associated with poor mental health status, but that the effect of living in a high cohesion area can also modify the effects of high deprivation on mental health. Although this supports previous studies that cohesive communities play an important role in protecting health, little is known about what social cohesion means to different groups and how it operates in counteracting the damaging effects of poverty.

This research aims to investigate the processes through which social cohesion moderates the impact of deprivation on mental health and to identify potential interventions to improve social environments in economically disadvantaged areas. It uses a combination of in-depth interviews and participatory mapping techniques to explore the views and experiences of different population groups in socially meaningful areas highlighted as having high or low social cohesion in one electoral ward in Caerphilly. The study

will provide rich empirical data required to generate new theories on how the social characteristics of particular places affect mental health.

For further details please contact Eva Elliott: ElliottE@cardiff.ac.uk

## Developing 'Health Challenge Newport'



Health Challenge Newport (HCN) was launched city-wide in April 2007 in the shape of 'Going for Gold' - a programme aiming to increase levels of physical activity and health literacy in the whole population of Newport. It is a joint venture between Newport Local Health Board and Newport City Council.

The overall purpose of this research is to develop 'Health Challenge Newport' (HCN) as a resource for the rigorous evaluation of community-based health initiatives. In achieving this purpose, HCN will be developed as a well-defined intervention with a strong theoretical background, underpinned by a comprehensive methodological framework for its evaluation.

The research will contribute to a rigorous formative and developmental phase for the HCN programme, and will be carried out in a series of phases. The initial phase (informed by intervention mapping) will focus on defining the intervention and identifying a suitable theoretical framework for its development. Findings from this will inform the development of research methods and sampling for the second phase which will explore programme components and implementation in more depth. Process evaluation methods will be used to measure programme reach, participant satisfaction, fidelity and acceptability of the programme. Alongside this, a 'realistic evaluation' approach will explore which aspects of the project work (and which do not), for whom, under what circumstances and why. The final phase will draw together findings to develop a series of recommendations for future development and implementation

of the HCN programme, along with a framework and design for long-term evaluation.

For further details contact Rachel Clark: ClarkR@cf.ac.uk

## Regulatory innovation of a contested technology zone: tissue engineering in the UK and EU.



The European Union has been debating new regulation for human tissues and cells, and healthcare therapies using or based on them for several years. New treatments are promised as part of the emerging 'regenerative medicine'. This is a second ESRC-funded project on tissue engineering. The project tracks (using interviews, fieldwork conferences and documentary analysis) the evolution of regulatory policy and develops a theoretical approach that sees 'regulation' as a constructive process in which stakeholders with various interests shape the possibilities for new medical technologies, as well as a process establishing safety and quality of new technologies. The project investigates several topics: the way the definition of tissue engineering is debated and contested by different stakeholders as a new jurisdiction; social values and ethics which are included or excluded from the debates; the role of patient groups; the implications for small and medium-sized enterprises (SMEs) that make up the bulk of the commercial actors in the field; and the role of national governments and agencies in influencing the shape of new regulation. The project is reaching its end. The new regulation for tissue-engineered products has been framed as part of the EU-centralised pharmaceutical regulatory regime, in which they are 'unconventional medicines'. Conflict between proponents of pharmaceutical approaches and medical device-based approaches has been a constant feature of debate. The medical device sector believes that some new therapies will still not be covered by the new regime thus inhibiting innovation. The definition of a 'hospital' has caused a great deal of debate between different Member States, due to a 'hospital exemption' that allows prescribed treatments for individual patients not

produced by a standardised process to avoid the centralised regulatory requirements. In the European Parliament there was conflict between those wishing to ban certain products, such as those based on human embryonic stem cells and 'chimeras', and those who wanted to leave such matters to national authorities via subsidiarity. The latter position was endorsed and this will lead to a 'bumpy playing field' for the European patient when some countries refuse certain tissue engineered products. Several international conference papers have been given, and several publications are in press, including for the journal Research Policy and for Science as Culture. A chapter will appear in 2008 in Tissue Engineering Research Trends from a US science publisher, and another in the forthcoming book Medical Devices into Healthcare: a political sociology of technology and governance (Palgrave Macmillian, 2008) by Alex Faulkner. In February Alex gave an invited talk on the research at the launch of the new Centre for Prospective Regulation at the University of York.

For further details contact Dr Alex Faulkner: FaulknerAC@cardiff.ac.uk

## Public Involvement in Health Impact Assessment

The Welsh Health Impact Assessment Support Unit (WHIASU) is funded by the Public Health Strategy Division in the Welsh Assembly Government and is responsible to the Wales Centre for Health. As part of its research and evaluation role WHIASU is currently undertaking a research project into public involvement in health impact assessment (HIA).

A key feature of HIA is the involvement of stakeholders and experts who may be involved in the implementation or have specialist knowledge of the ways in which policies, programmes and projects may impact on the health and well being of the population. Guidance and other official documents and statements on HIA highlight the importance of public involvement in the process. HIA is seen as a vehicle for public empowerment and a means of addressing the democratic deficit in contemporary society. For some, the public are also viewed



## CURRENT CISHE PROJECTS (continued) COMPLETED CISHE PROJECTS

as a valuable resource for HIA as they provide important contextual knowledge on how actions that affect the population, may impact on health. However, little is known about how public involvement is understood, operationalised and received in actual HIAs and there is a view that lack of time and resources means that public engagement in HIA is minimal. Given the commitment in Wales to the delivery of citizen centred public services, research on how HIA actually engages with the public will contribute to the evidence base of how Wales may achieve its aspirations.

Five case studies have been selected from across Wales, with varying levels of public involvement, from participation in workshops to community led assessments. This research aims to evaluate the methods and impact of public involvement in HIA by interviewing members of the public and representatives from statutory organisations who have been involved in health impact assessments to explore their experiences, roles and views. Fieldwork is currently underway and a final report is due to be submitted at the end of May 2008. In addition to the final report, the study will provide recommendations for a best practice guide which will be piloted by WHIASU and provide the basis for training aimed at improving engagement between the statutory sector and communities.

For further details contact: Chloe Chadderton: ChaddertonC@cardiff.ac.uk

## Research into the Wales -Wide Implementation of the ASSIST Programme



Between 2001 and 2004, Researchers from the School of Social Sciences at Cardiff University, and the Department Social Medicine at the University of Bristol were involved in evaluating a novel approach to smoking prevention amongst adolescents. A Stop Smoking in Schools Trial<sup>1</sup> established that the ASSIST intervention, which was an informal schools-based, peer-led approach, was successful in reducing smoking amongst the target group. Following this success, the Welsh Assembly Government has made a commitment to deliver ASSIST in schools across Wales, starting with those in the most deprived areas and has commissioned researchers in CISHE to evaluate the implementation of the ASSIST Programme in Wales.

The main aims of the research are to examine:

- How the ASSIST programme is implemented by the National Public Health Service for Wales
- How schools respond to the ASSIST programme
- If there are any barriers relating to implementing the ASSIST programme outside of a research context

The research is being conducted in two phases over a period of 14 months, and commenced in August 2007 following the pilot implementation of the Programme during the summer term of the 2006-2007 academic year. The first phase of the evaluation involved interviewing key members of the team who delivered the Programme in schools during this period. The second phase involves examining implementation of the Programme in approximately 40 schools in the 2007-2008 school year. Data regarding implementation in school in the 2007-2008 school years will be collected throughout implementation from key stakeholders.

A number of methods, including interviews, observation, questionnaires and an 'implementation diary' are being used to obtain data from trainers involved in delivering the programme, trainers who will train trainers to deliver the programme, researchers and others such as Welsh Assembly Government personnel. In addition to this data collection, secondary data in the form of minutes from training team meetings, Service Level Agreement meetings, budget data, all correspondence with schools, and all interactions between the trainers and the researchers, will be collected to provide background information on preparing to deliver the intervention in schools.

For further information contact Dr Jo Holliday: HollidayJ1@cardiff.ac.uk

<sup>1</sup>see <http://www.cardiff.ac.uk/socsi/cishe/pages/projects/assist.html> for further details

# Completed CISHE projects

## Evaluation of the Welsh Assembly Government's Free School Breakfast Initiative

This project has now been completed, two and a half years on from the commencement of the study. We are now beginning to establish the effects of breakfast provision on

children's concentration, memory, behaviour, attitudes towards eating breakfast and dietary intake.

As part of a cluster randomised controlled trial of the initiative, data were collected prior to scheme set-up, 4-6 months later and 12 months after schemes began to set up. Approximately 4500 children have completed measures of memory and concentration, as well as questionnaires on attitudes towards eating breakfast and dietary intake.

Information has also been collected relating to smaller sub-samples, with details provided by teachers, parents and children themselves on factors such as classroom behaviour, morning routines as well as more in-depth information on dietary intakes.

Several papers have already been published, examining our methods and exploring psychological and social issues relating to children's breakfast eating behaviours. All data from remaining collection rounds have

now been entered into a database. A final report was delivered to the Welsh Assembly Government in August 2007. However, analysis will not end there and we have recently been successful in an application to the National Prevention Research Initiative for further funding to explore the data in greater depth, examining the impact of the initiative upon some of the trends revealed in the data collected prior to its implementation.

For further information please contact Dr Simon Murphy: [MurphyS7@cardiff.ac.uk](mailto:MurphyS7@cardiff.ac.uk)

## Development and piloting of an acceptance-based intervention for overweight and obese women

Katy Tapper, Chris Shaw, Laurence Moore and Joanne Ilesley completed a small scale exploratory trial of a brief acceptance-based intervention for weight loss in women. The main aims of the project were to devise an acceptance-based weight loss intervention (i.e. full protocol and materials); collect data on the short-term efficacy and acceptability of the intervention, gain an estimate of effect size for use in future studies, and gather information on ways in which the intervention could be further developed and refined.



The research followed MRC recommendations for the development and evaluation of complex health interventions and consisted of a development phase and pilot phase. During the development phase the intervention was devised and pre-piloted with a small group of volunteers recruited from university staff. The pilot phase used a randomised controlled trial design to evaluate the effects of the intervention over a 6 month period among women who were attempting to lose weight.

Participants were recruited via articles and adverts in local newspapers, posters in community and leisure centres and the university website. A total of sixty two participants were recruited and randomised to the intervention and control conditions (thirty one in each arm).

The intervention consisted of a series of three workshops with a 4th follow-up workshop held approximately three months later. The workshops employed a range of exercises and metaphors to introduce participants to key concepts and strategies. Homework tasks were also assigned to encourage participants to practise and consolidate the exercises in between workshops. Participants in the control condition continued with their normal weight loss programme.

Baseline measures were taken prior to the intervention and at four and six months. These included BMI and a range of questionnaire measures to assess eating behaviours, physical activity and quality of life.

Semi-structured telephone interviews were also conducted with the intervention group after the first three workshops to help evaluate the programme from the user's perspective. Further telephone interviews were carried out with a sample of intervention and control participants at the end of the study to assess any changes in weight loss management over the six months and any impact inclusion in the study may have had on their approach.

Data are currently being analysed and papers will be prepared for submission in 2008.

For more information please contact Professor Laurence Moore: [MooreL1@cardiff.ac.uk](mailto:MooreL1@cardiff.ac.uk)

## Evaluation of a Food Co-ops Pilot in Wales

There is a strong link between heart disease and poor diet and there is sound evidence to attribute 25% of deaths caused by cancer to poor diet. Heart disease and cancer are the two highest causes of mortality in Wales and so there is a clear need for public health interventions and approaches that will have an impact on the food that people eat. In addition there are widening inequalities in health which are strongly correlated with socio-economic status, leading to unequal opportunities to take up and sustain healthy eating practices. In particular there is an associated class bias in relation to access to



Food Co-op

healthy food with poorer people less likely to have a car with which to access out-of-town supermarkets. The research literature on food deserts suggests

the need for interventions, such as in rural economies, which consider the structural features of economic and social life that shape food cultures as well as individual food choices.

Community based settings for interventions have been associated with wider effects on the local economy and social networks, in ways that are also thought to be beneficial to health. It has been argued, for instance, that community-based food initiatives can decrease social isolation, provide a sense of self-worth and well-being, increase levels of skill and training and enable people to take more control of factors affecting their health and welfare. Food-co-ops also have an explicit economic remit to provide access to affordable food in order to benefit both consumers and traders.

The Community Food Co-operative Pilot was based on a similar initiative developed by the Rural Regeneration Unit based in Cumbria. It initially attracted the interest of both the Food and Market Development Division and the Health Promotion Division (now Health Improvement Division) in the Welsh Assembly Government as it supported Assembly priorities and strategies across both Divisions. The Food and Market Development Division was primarily interested in the supply side of the initiative which aims to link producers to local consumers. The piloting of the food co-ops was in North and in South East Wales and has subsequently been rolled out across Wales.

The food co-ops work by a Food Development Worker linking local volunteers to a local supplier, who is a grower and/or local wholesaler. A simple payment and delivery system is agreed which enables the volunteers to order and pay weekly, in advance, for the fruit and vegetable bags. Customers then collect their fruit and vegetables at an agreed venue during food co-op opening times and place their orders (and pay) for the following week. The cost is the same across food co-ops, with separate bags of fruit, vegetables and salad selling at £2 each. Some co-ops offer

## COMPLETED CISHE PROJECTS (continued)

### PHD STUDENTS

a smaller mixed vegetable stew pack for £1, and excess fruit or vegetables may also be sold separately on the day.

Led by CISHE in collaboration with the Social Inclusion Research Unit within the North East Wales Institute of Higher Education, a theories-of-change evaluation was funded to assess how the pilot objectives resonated with populations living in a

variety of rural, urban and post-industrial settings. Data were drawn from twelve case studies using semi-structured interviews, observational templates and neighbourhood statistics. Findings from the evaluation provided insights into how the food co-ops worked, the difficulties they encountered, solutions they developed and the benefits to individuals, communities and suppliers.

A full report of the findings and recommendations is available on the CISHE website as part of its Working Papers Series.

[www.cardiff.ac.uk/socsi/cishe/pages/Publications/WorkingPapers.html](http://www.cardiff.ac.uk/socsi/cishe/pages/Publications/WorkingPapers.html)

For further details contact Eva Elliott: [ElliottE@cardiff.ac.uk](mailto:ElliottE@cardiff.ac.uk)

# PhD students



### Nick Townsend's

PhD centres on the school influence on adolescent food behaviour, with a particular focus on the whole school approach to nutrition. He has worked in collaboration with the Welsh branch of the Health Behaviour



in School-aged Children study (HBSC) to collect pupil data, through questionnaires, on diet, school lunch behaviour, influences to both of these and pupil perceptions on the school approach to nutrition. Teacher questionnaires were also used, focusing on the many aspects of a whole school approach to nutrition. Nick is in the final year of his PhD and is currently in the analysis and writing up stage.

His supervisors are Professor Laurence Moore and Dr Simon Murphy.



### Sarah MacDonald

is in her second year of a four year PhD supported by a Researcher Development Award from the Department of Health and NHS R&D funded in Wales by the Wales Office of Research and Development for Health and Social Care (WORD).



Her PhD focuses on linking settings

for health promotion, in particular understanding the influence of the health promoting school in the family setting. The study will investigate what constrains and facilitates links between schools and

families, the acceptability of the health promoting school in family life, and how its influence is mediated by other aspects of families' social context. Drawing on in-depth interviews with families this study will help identify more effective strategies for linking schools and families (and linking settings more generally), guided by a framework which adopts a broad perspective on settings as more than just places for health promotion.

Her supervisors are Dr Simon Murphy and Dr Eva Elliott.



### Graham Moore

has recently completed an MSc in Social Science Research Methods and started his PhD in October 2007. For this, he will be involved in the process evaluation side of an existing project within CISHE, evaluating the National Exercise Referral Scheme, which aims to increase physical

activity levels in patients with a range of clinical disorders.

His supervisors are Professor Laurence Moore and Dr Simon Murphy.

**Emily Harrop** is in her second year of a three year Case Studentship funded jointly by the Wales Centre for Health and the ESRC, titled 'Contested knowledge in the assessment of public health risks: A case study of the Nant-y-Gwyddon landfill site in the Rhondda Valley, South Wales'.

The project is looking back at the development of community and professional responses to the Nant-y-Gwyddon landfill site in the period up to 2005. A main aim will be to explore how local residents and statutory bodies' experienced and dealt with



problems associated with the landfill site in this period. The research will seek in particular to examine how residents and statutory bodies understood and used scientific evidence and resources. The role of political parties, the media and other organisations with an interest in or concern with the site will also be explored. The research provides an important opportunity



to further understandings of the issues, processes and factors involved in the evaluation, communication and contestation of public health risks.

Her supervisors are Professor Gareth Williams and Dr Eva Elliott.



### Simon Williams'

PhD research looks at the relationships between technology, health and risk. In particular he is looking at recent debates over mobile phones and health risks in the UK. Simon's research aims to map out and discuss the views of those involved in the debate, including



relevant scientists, activists, policymakers and representatives of the mobile phone industry. Simon is also interested in looking at how scientific experts interact with the general public in the context of the mobile phone health debate, and how public understandings of mobile phone 'risks' are produced.

His supervisors are Professor Gareth Williams and Dr Alex Faulkner.



**Sue Moore** is currently in the data capture and analysis stage of a PhD which aims to investigate the acceptability of a theoretically informed intervention to influence eating behaviours in the primary school meal setting. Previous school based interventions have generally been

labour and cost intensive, with poor short term, and minimal long term outcomes. This is possibly attributable to them having been based on theoretical frameworks whose influence on eating behaviours were unknown, and/or to the inclusion of multiple



components, whose individual contribution to the overall outcome was indeterminable. The study will investigate one possible component of a school-based intervention by gaining an understanding of the techniques used by school meal staff during interactions within the primary school meal setting which influence the children's eating behaviours.

Her supervisors are Professor Laurence Moore and Dr Simon Murphy.



**Taiwo Kassim** holds a Master's Degree in Sociology with specialisation in Demography and Population Studies from the University of Ibadan, Nigeria. After this, he joined the Department of Sociology at Lagos State University in Nigeria as a lecturer in 1999.

His research area is Forced Migration, and he has spent time at the Forced Migration Centre at the American University in Cairo, Egypt, where he participated in summer programmes on Integration Refugee Newcomer and Refugee Camps and Warehousing, in 2003 and 2005 respectively. His MSc thesis was on 'Knowledge, Attitude and Practice of Contraceptives in Nigeria: A case study of a Refugee Camp, Oru, Ogun State, Nigeria. He has published a paper on 'Civil War and the Refugee Crisis in West Africa: A case study of Liberian Refugees in Nigeria'.

Taiwo is currently a doctoral student at CISHE, Cardiff University and his research is on 'Sexual and Reproductive Behaviour of refugees in Africa: Implications for the Spread of HIV/AIDS infections and Control among refugees in Nigeria'.

His supervisors are Professor Laurence Moore and Ann Allen.

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Starkey F, **Holliday J,** Audrey S, **Moore L,** Campbell R. Identifying influential young people for health promotion peer education: the case study of A Stop Smoking in Schools Trial, England and Wales, 2001-2005. *Society of Social Medicine 50th Annual Scientific Meeting*. Leeds, 2006.

Starkey F, **Holliday J,** Audrey S, **Moore L,** Campbell R. Identifying influential young people for smoking prevention peer education: A Stop Smoking in Schools Trial, England and Wales, 2001-2005. *13th World Conference on Tobacco or Health*, Washington DC, 2006.

**Tapper K,** Pothos E, Fadardi J, Ziori E. Food-related attentional bias and dietary restraint in Britain, Greece and Iran. *British Feeding and Drinking Group Annual Conference*. Birmingham, 2006.

**Tsouroufli M,** Payne H. Tensions, Dichotomies, Contradictions and Traditions in Senior Hospital Doctors' Histories of Learning and Professional Development: Implications for Postgraduate Medical Education in the UK. *European Association for Research in the Education of Adults, Life History and Biography Network*. University of Volos, Greece, 2006.

**Tsouroufli M,** Payne H, Smith M. Gender, Medical Training and Careers: Tipping the Balance?.. *Association for Medical Education in Europe conference*. Genoa, Italy, 2006.

**Williams G,** Lester C. Resisting social research: developing new modes of engagement. *4th International interdisciplinary conference on Communication, Medicine and Ethics*. Cardiff, 2006.

## Invited presentations

**Faulkner A.** Desirable innovation, stakeholders, connectivity - tissue engineered technologies. Shaping the future of health innovation research in Canada. University of Montreal, Montreal, 2006.

**Golby A, Elliott E, Williams G.** The positioning of health impact assessment in Wales. *Congress on Health Impact Assessment: Operative Tool for European Health?*, Torino, Italy, 2006.

**Moore L.** Cluster Random Assignment - a new method for UK government research. *Government Social Research Conference: Random Assignment in a Social Policy Context*. London, 2006.

**Moore L.** Evaluating complex interventions using a cluster randomised trial design with nested process evaluation: example of the MRC ASSIST trial. *Oxford University Centre for Evidence-Based Intervention, Department of Social Policy and Social Work*. Oxford, 2006.

**Moore L.** Public Health Improvement Research Network. *Communicating with the public: Influencing behaviour change conference*. Wales Centre for Health, Cardiff, 2006.

**Moore L.** Randomised controlled trials in social sciences: Challenges and prospects. *ESRC RDI conference*. York, 2006.

**Williams G.** Socio-economic determinants of health: explanation and action. *Communicating with the public: Influencing behaviour change conference*. Wales Centre for Health, Cardiff, 2006.

# Publications 2007

## Journal Articles

**Desousa C, Murphy S, Roberts C, Anderson L.** School policies and binge drinking behaviours of school-aged children - a multi-level analysis. *Health Education Research* 2008; 23(2): 259-271

Fone D, Dunstan K, Lloyd K, **Williams G**, Watkins J, Palmer S. Does Social cohesion modify the association between area income deprivation and mental health? A multilevel analysis. *International Journal of Epidemiology* 2007;1-8.

Fone D, Dunstan F, **Williams G**, Lloyd K, Palmer S. Places, people and mental health: A multilevel analysis of economic activity. *Social Science and Medicine* 2007;64:633-645.

**Golby A, Elliott E.** Community Participation in a controversial planning application: a challenge for research practice. *Qualitative Researcher* 2007, 6:7-9.

Green B, **Segrott J**, Priest H, Rout A, McIvor M, Douglas J, Flood Y, Morris S, Rushton C. Research capacity for everyone? A case study of two academic nursing schools' capacity building strategies. *Journal of Research in Nursing* 2007; 12 (3): 247-265.

**Hølm S.** A rose by any other name... is the research/non-research distinction still important and relevant? *Theoretical Medicine and Bioethics* 2007;28:153-155.

**Hølm S, Bortolotti L.** Large scale surveys for policy formation and research - A study in inconsistency. *Theoretical Medicine and Bioethics* 2007;28:205-220

**Hølm S.** Obesity interventions and ethics. *Obesity reviews* 2007;8(1):207-210.

**Hølm S.** The decision making role of fathers in assisted reproduction. *Reproductive BioMedicine Online* 2007;14(1):81-85.

**Hølm S, Takala T.** High hopes and automatic escalators: a critique of some new arguments in bioethics. *Journal of Medical Ethics* 2007;33:1-4.

Hunter B, **Segrott J.** Re-mapping client journeys and professional identities: A review of the literature on clinical pathways. *International Journal of Nursing Studies* doi:10.1016/j.ijnustu.2007.04.001

Hunter B, **Segrott J**, Darra S and Norris S. (2007) Comment on 'A pathway to normal labour'. *RCM Midwives* 2007;10(5):249.

**Macdonald S, Rothwell H, Moore L.** Getting it right: designing adolescent-centred smoking cessation. *Addiction*, 2007;102(7):1147-1150.

Madsen S, **Hølm S**, Riis, P. Participating in a cancer clinical trial? The balancing of options in the loneliness of autonomy: A grounded theory interview study. *Acta Oncologica* 2007;46:49-59.

**Moore G, Tapper K, Murphy S, Lynch R, Pimm C, Raisanen L, Moore L.** Associations between deprivation, attitudes towards eating breakfast and breakfast eating behaviours in 9-11 year olds. *Public Health Nutrition* 2007;10(6):582-589.

**Moore G, Tapper K, Murphy S, Clark R, Lynch R, Moore L.** Validation of a self-completion measure of breakfast foods, snacks and fruit and vegetables consumed by 9-11 year old schoolchildren. *European Journal of Clinical Nutrition* 2007;61:420-30.

**Moore S, Tapper K, Murphy S.** Feeding strategies used by mothers of 3-5-year-old children. *Appetite* (2007) 49(3), 704-707.

**Moore L, Moore G, Tapper K, Lynch R, Desousa C, Hale J, Roberts C, Murphy S.** Free breakfasts in schools: Design and conduct of a cluster randomised controlled trial of the Primary School Free Breakfast Initiative in Wales. *BioMed Central Public Health* 2007;7:258.

Priest H, **Segrott J**, Green B, Rout A. Harnessing collaboration to build nursing research capacity: one research team's journey. *Nursing Education Today* 2007; 27, 577-587

**Raisanen L.** A permutation-coded evolutionary strategy for multi-objective GSM network planning. *Journal of Heuristics* 2007:1-21.

**Sinclair P.** A representation of the Mexican political network. *Social Networks* 2007;29(1).

**Tapper K, Murphy S, Moore L, Lynch R, Clark R.** Evaluating the Free School Breakfast Initiative in Wales: Methodological Issues. *British Food Journal*

2007;109 (3):206-215.

**Tapper K, Murphy S, Lynch R, Clark R, Moore G, Moore L.** Development of a scale to measure 9-11 year olds attitudes towards breakfast. *European Journal of Clinical Nutrition* 21st March 2007; doi: 10.1038/sj.ejcn.1602735.

## Books/Book Sections

Cropper S, Porter A, **Williams G**, Carlisle S, Moore R, O'Neill M, Roberts C, Snooks H (eds). *Community Health and Well-Being: Action Research on Health Inequalities*. Bristol: Policy Press, 2007.

**Elliott E, Golby A, Williams GH.** Citizen involvement in a local HIA: Informing decisions on the future of a landfill site in Wales in M Wismar Blau J and Ernst K (eds) *The Effectiveness of Health Impact Assessment: Scope and limitations of supporting decision-making in Europe*. Brussels: World Health Organisation, 2007.

Grace V, **MacBride-Stewart S.** Peripheral perspectives: Locating lesbian studies in Australasia. In: Giffney N and O'Donnell K(eds) *Twenty-First Century Lesbian Studies*. Harrington Park Press, 2007.

## Conference Papers

**Addis S, Shepherd M, MacBride-Stewart S, Davies M.** Lesbian, Gay, Bisexual and Transgender (LGBT) Older People: Health and Social Care Needs - A Review. The 8th European Sociological Association Conference. Glasgow 2007.

**Desousa C, Murphy S, Roberts C, Anderson L.** School policies and binge drinking behaviours of school-aged children - a multi-level analysis *The International Conference of the Royal Statistical , University of York*, 16-20 July 2007.

**Elliott E, Williams G.** Developing a public sociology: from lay knowledge to civic intelligence in health impact assessment. *American Sociological Association Annual Convention*, August 2007.

**Elliott E.** Harnessing Local Assets, Building Capabilities: the case of community food co-ops. *IUHPE conference*, Vancouver, 2007.

**Golby A, Lester C.** Community participation in HIA: a case study of a proposed extension

to an opencast coal mine, Wales, UK. *27th IAIA Annual Conference*. Seoul, South Korea, 2007.

**Golby A, Elliott E, Williams G.** Where economic regeneration and human health collide: HIA of a land reclamation scheme with opencast coal extraction, Wales, UK. *27th IAIA Annual Conference*. Seoul, South Korea, 2007.

**Holliday J.** Using Social Networks to Diffuse Anti-smoking Messages and Norms: The Importance of Opinion Leaders' Social Position. *International Sunbelt Social Network Conference XXVII*. Corfu, 2007.

**Holliday J, Moore L, Rothwell H, Murphy S.** Smoking uptake in adolescence: a longitudinal investigation of peer influence and peer selection. *British Sociological Association Medical Sociology Group Conference*. Liverpool, 2007.

Mann M.K, Morgan H, Roberts C, **Shepherd M, Addis S, Weightman A.L.** Identification of social determinants of health indicators: the case of cancer *Social, cultural and economic determinants of health: international perspectives for global action*. Portugal, 2007.

**Moore L, Holliday J, Rothwell H, Murphy S, Campbell, R.** The role of peer influence and peer selection in adolescent smoking. *The Joint meeting of the Society for Social Medicine and the International Epidemiological Association*. Cork, 2007.

**Murphy S, MacDonald S, Harrop E, Rothwell H.** "Nanny knows best?" Individual and state responsibilities for health - a qualitative study using focus groups with the general public. *19th IUHPE conference on Health Promotion and Education*. Vancouver, 2007.

Rolfé G, Jordan S, **Segrott J.** Nurses' understanding and implementation of evidence based practice. *An Interprofessional Learning Conference*. Liverpool John Moores University, 2007.

**Rothwell H, Murphy, S, MacDonald S, Harrop E** -Exploring responsibility for health in families: analysing social relationships through a focus group study, *Joint Meeting of the Society for Social Medicine and the International Epidemiological Association (European Federation)*. Cork, 2007.

Rolfé G, Jordan S, **Segrott J.** What do nurses understand by evidence based practice? *Evidence Based Practice, Practice*

*Based Evidence*, Holland House Hotel, Cardiff, 2007.

**Shepherd M, Weightman A.L, Addis S, Mann M, Turley R.** Public policy on social determinants of health: how do we provide the best evidence? *19th IUHPE World Conference*. Vancouver, 2007.

**Sinclair P, Holliday J, Moore L.** Are Measures of Social and Structural Prestige Associated with Current and Future Smoking? *International Sunbelt Social Network Conference XXVII*. Corfu, 2007

**Tsouroufli M, Payne H.** Continuing professional development for senior hospital doctors: reality of rhetoric? *BERA Annual Conference*. London, 2007.

**Tsouroufli M, Payne H.** Continuing professional development for senior hospital doctors: reality of rhetoric? *Association of Medical Education in Europe*. Norway, 2007.

**Tsouroufli M, Smith M, Payne H, Epstein D.** Gender and Invisibility in the medical profession: Reflections on the life stories of senior hospital doctors in Wales. *Gender, Work and Organisation conference*. Keele University, 2007.

Waters L, **Moore L, Gibbs L, Murphy S.** Maintaining rigour in mixed methods evaluation designs. *19th IUPHE conference on Health Promotion and Education*. Vancouver, 2007.

## Invited presentations

**Elliott E.** Citizen involvement in a local HIA: Informing decisions on the future of a landfill site in Wales. *The Effectiveness of Health Impact Assessment: Scope and limitations of supporting decision-making in Europe*. *Book launch hosted by the European Observatory of Health Systems and Policies*, 23rd October 2007.

**Faulkner A.** Medical devices and the politics of healthcare innovation: technology, governance and engagement in prostate cancer detection in the UK. *National Primary Care R&D Centre (NPCRDC)*. University of Manchester, 2007.

**Golby A, Elliott E, Williams G.** HIA as a tool in decision-making in Wales. *Health Inequality Impact Assessment Seminar*. STAKES. Helsinki, Finland, 2007.

**Moore L.** MRC ASSIST cluster randomised trial of a schools-based peer-led smoking prevention intervention. *MRC Social and*

*Public Health Sciences Unit*. Glasgow, 2007

**Segrott J.** Geographies of fear and spatial practices: some thoughts on Obsessive Compulsive Disorder. *Cardiff Psychiatric Continuing Medical Education Lecture Programme*, November 2007.

## Working Papers

Burgess M.M, **Williams-Jones B.** Law in tension with evolving ethical perception: prenatal genetic testing for *sex and disability*. *SOCSI Working Paper 71*.

**Desousa C, Roberts C.** Examining non-response bias for a large school-based health survey in Wales. *SOCSI Working Paper Forthcoming*.

**Elliott E, Parry O, Ashdown-Lambert J.** Evaluation of the community food co-ops pilot in Wales. *SOCSI Working Paper 85*.

**Elliott E, Williams G.** Recapturing the Bevanite dream? Case study evaluation of Healthy Living Centres in Wales. *SOCSI Working Paper 90*.

**Faulkner A.** In the sociomedical laboratory of citizen health: exploring science, technology, governance and engagement in prostate cancer detection in the UK. *SOCSI Working Paper 74*.

**Hølm S, Burgess S.** The ethical context of population-level interventions against depression. *SOCSI Working Paper 75*.

**MacDonald S, Elliott E, Moore L.** Evaluation of equity training and advocacy grant pilot programme. *SOCSI Working Paper 72*.

**MacDonald S, Geesink I, Moore L.** Evaluation of european adolescent smoking cessation pilot programme: report for the Welsh Assembly Government. *SOCSI Working Paper 73*.

**MacDonald S, Harrop E, Rothwell H, Murphy S.** Organisational roles and responsibilities for health: interviews with representatives from the statutory and non-statutory sectors - Report prepared for the Welsh Assembly Government. *SOCSI Working Paper 77*.

**Moore L, Lynch R, Maio G, Moore G.F, Orford S, Robinson A, Taylor C, Whitfield K.** Social science quantitative methods capacity building in Wales: ESRC/HEFCW Scoping Study. *SOCSI Working Paper 91*.

**Moore L, Best C, West F, Roberts J, Cohen D, Louis H.** Evaluation of specialist smoking

## PUBLICATIONS 2007 (continued)

### NEW STAFF NEW ROLES

cessation services in Wales. *SOCSI Working Papers 92.*

**Murphy S, Harrop E, MacDonald S, Rothwell H.** An examination of perceptions of roles and responsibilities for health amongst the general public - Report prepared for the Welsh Assembly Government. *SOCSI Working Paper 76.*

**Rothwell H, Murphy S, Macdonald S, Harrop E.** Organisational roles and responsibilities for health: A pilot survey of businesses, primary and secondary schools and local government - Report prepared for the Welsh Assembly Government. *SOCSI Working Paper 78.*

## New staff



**Dr Jeremy Segrott** joined CISHE in May 2007 as a Research Fellow working for the All Wales Alliance for Research and Development in Health and Social Care

(AWARD), having previously worked in the School of Health Science at Swansea University. His new role will involve contributing to the work of AWARD in South East Wales, including projects commissioned by the Welsh Assembly, and developing new research areas and collaborations.



**Rachel Clark** first joined CISHE in 2004/05 as a Research Assistant for the Evaluation of the *Free Primary School Breakfasts Initiative*. She then went on to

work in health promotion within the areas of physical activity and nutrition. Rachel has now re-joined CISHE part-time as Lead Researcher for a WORD funded project. The research aims are to develop a city-wide social marketing intervention in Newport, and to assess the feasibility of applying the Social Marketing 'total process' planning model in practice. Her main research interests are in the evaluation of health promotion interventions and translation of theory into practice.



**Chloe Chadderton** joined CISHE in September 2007 as a Research Associate working for the Welsh Health Impact Assessment Support Unit (WHIASU). She

will be working on the project *Involving the public in HIA: an evaluation of current practice*, adopting a case study approach to establish the extent to which public involvement impacts on the health impact assessment process and its outcomes. Chloe was previously employed as a Research Associate within the eCommerce Innovation Centre at Cardiff University.



**Philippa Settle** has joined CISHE as Administrator while Sara Jones is on maternity leave. Philippa is qualified as a Chartered Company Secretary and has

many years experience managing finance and administration in charities and local government. Recently Philippa worked in the Cardiff University Law School whilst their School Manager was on maternity leave.



**Ellie Byrne** has joined CISHE as a Research Assistant working with Rachel Clark on the WORD funded *Going for Gold* project. Ellie also started a part time PhD programme

at UWE, Bristol in October 2006. Her project explores the use of photography to evaluate healthcare environments. Ellie's research interests are methodological with a particular interest in arts-based methods. Her other interests include arts and health.



**Kim Sheppard** has joined CISHE as clerical support for the 'Exercise Referral Scheme'. She has previously worked at the Welsh Centre for Learning Disabilities,

on the 'What Works' project with Dr Stephen Beyer. Kim is very much looking forward to her new challenge at CISHE.



**Kathy James** has joined CISHE to work as a Research Assistant on the AWARD evaluation of packed lunch guidance. She was previously employed at

the Institute for Policy Studies in Education at London Metropolitan University, whose research focuses on equalities and diversity in education policy and practice. Kathy has been particularly involved in evaluating multi-agency support services for families with young children. She has an interest in Healthy Schools policy, having co-ordinated a Healthy Schools pilot scheme in a London primary school.



**Nancy West** completed her Masters in Social Research at Edinburgh University and currently works on the CHETS project at CISHE, investigating changes in child

exposure to environmental tobacco smoke. Her main research interests are families, children and relationships and she has recently received funding for a PhD on the journey of couples to and through first-time parenthood, entitled 'Becoming a Parent: Negotiating the Practice of Parenthood and Parental Subjectivities'.



**Katrina O'Brien** has joined CISHE as a Clerical Assistant working to support the Cooking Bus Project. She has previously worked at the UK Biobank,

at Cardiff University, and has obtained an Undergraduate Degree and Masters Degree from Cardiff University.

## New roles

On 1st April, **Heather Rothwell** started work with Dr. Jeremy Segrott on an evaluation of the Kids, Adults Together Family Forum programme (KATFF). The new project will provide an opportunity for Heather to develop her interest in the role of families in determining individuals' capacity to take responsibility for their own health and how families are supported by schools and other organisations. Heather

particularly looks forward to involving children in the research – the participation of children and young people was one of the most interesting aspects of her recent work on the review of the Welsh Network of Healthy School Schemes.

**Hayley Collicott** was previously employed on the SNAPS project and will now be moving to work on two different projects. She will be working part-time on the National Exercise Referral Scheme and also on the Changes to Children's Exposure to Tobacco Smoke project. Hayley hopes that these new roles will help her gain further experience in a research environment and prepare her for post-graduate studies next year.

In October 2007, **Stephen Burgess** took over from Becci Lynch as a researcher on the project Neighbourhood, social deprivation and mental health: the mediating role of social cohesion. Prior to Becci leaving, Stephen had been working on the methods development for this project. For the first six months, Stephen will be combining this role with his work on the Review of the Welsh Network of Healthy School Schemes.

## Staff farewells



**Joanne Ilsley** left CISHE at the end of June 2007 when the fixed term project with which she had been involved (*The development and piloting of an acceptance based*

*intervention for overweight and obese women*) finished.

Joanne worked at CISHE for 15 months during which time she was involved in the development and facilitation of a series of workshops for women who were trying to lose weight. The workshops piloted a brief acceptance-based psychological intervention adapted to weight loss, using a randomised controlled design, assessing participants over a 6 month period.

She is currently considering returning to her previous profession, clinical psychology, and is grateful to CISHE for providing a supportive work environment. It gave her the opportunity to develop expertise in

one of the 'third generation' mindfulness-based psychological approaches such as 'Acceptance and Commitment Therapy' during her career break.

**Carol Desousa** left CISHE in August 2007 to start an ESRC funded 3 year PhD at the Institute of Social and Economic Research (ISER), Essex University and to join her fiancée, following their recent engagement. Carol had been at CISHE for just over two years, during which time she was on part-time secondment to the Welsh Assembly Government. She worked on a number of projects carrying out secondary analyses of the *Health Behaviours of School-aged Children* (HBSC) and Supporting Health in Pregnancy (SHiP) trial data as well as primary analyses for the *Evaluation of Free Breakfast Clubs* initiative in Wales. Carol thoroughly enjoyed working and living in Cardiff and will continue to maintain contact with colleagues in completing existing projects. Her PhD work will hopefully be a continuation and development of her experience and interests in health-related longitudinal multilevel analysis using the British Household Panel Survey data held by ISER.



**Dr Maria Tsouroufli**, who joined CISHE in July 2004, has developed and completed a programme of research in postgraduate medical education

in collaboration with colleagues from the School of Postgraduate Medical and Dental Education.

Maria has taken up a lectureship position at the University of East Anglia. As a Lecturer in Medical Education, she will continue to explore opportunities for funding with the support of colleagues from the School of Postgraduate Medical and Dental Education and the Centre for Health Communication at Cardiff University. Dr Tsouroufli's areas of interest are Gender and Medical Training, Continuing Professional Development and Organisational Change and Communication in Medicine.



**Becci Lynch** joined CISHE in August 2004 and during her time here has worked on the Free Primary School Breakfast Evaluation, the ESRC/HEFCW Scoping

Study to Identify Quantitative Methods Capacity Building and, most recently the Neighbourhood, Social Deprivation and Mental Health: the Mediating Role of Social Cohesion project with Eva Elliott, Gareth Williams and David Fone. She has also taught on the Introduction to Anthropology and Social Research Methods modules. This range of projects has allowed Becci to develop many skills as a researcher and given her the opportunity to work with, and enjoy the company of, many wonderful and interesting colleagues.



**Anna Hamilton** left CISHE at the end of December 2007 to move to Bristol to pursue a career in publishing. During her time at CISHE she provided clerical support for CHETS and SNAPS.



**Claire Pimm** Claire began work at CISHE in September 2005 as a Research Assistant on the Evaluation of the Free Primary School Breakfast Scheme in Wales. She worked on the data collections

for the second phase of the study which concerned the roll-out of the scheme to schools in Non-Communities First areas. Following that, Claire worked on the collection of baseline data for the Changes in Child Exposure to Environmental Tobacco study prior to the introduction of the ban on smoking in public places introduced in Wales in April 2007. Since May 2007, Claire has worked on the Review of the Welsh Network of Healthy School Schemes with Heather, Stephen and Nick.

Claire has enjoyed her time at CISHE and has found the practical experience of research invaluable. She intends to pursue a career in research with a particular interest in the Social Sciences. Claire would like to thank all the people she worked with during her time at CISHE and hopes to stay in touch.

## External Notices

### Launch of the new All Wales Mental Health Promotion Network

To generate understanding of the importance of mental health and wellbeing, the All Wales Mental Health Network was launched on 14th March.

The network will connect with a broad range of stakeholders including employers, local authorities, trades unions, health and social care professionals, teachers and voluntary sector professionals all of whom have a significant role to play in promoting the mental health and well being of the people of Wales. It will also facilitate the exchange of learning, share promising practices and promote ways of improving mental health.

A website to support the network was also launched and can be accessed at [www.publicmentalhealth.org](http://www.publicmentalhealth.org)

The network, hosted by the Wales Centre for Health, is one of the Welsh Assembly Government's flagship initiatives to help improve the mental health of the population.

For more information, contact the Network Co-ordinator, Nathan Jones, [Nathan.Jones@wch.wales.nhs.uk](mailto:Nathan.Jones@wch.wales.nhs.uk) or 029 2022 7744

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