



Rigorous, Relevant Research

Health & Lifespan Psychology

► Introduction

Research carried out by the Health & Lifespan Psychology Research Group encompasses a number of areas broadly classified as health and applied developmental psychology, including critical psychology approaches.

The group uses a wide range of primary and secondary research methodologies - from experimental, survey and epidemiological techniques to innovative qualitative approaches, such as discursive and phenomenological methods and longitudinal interviewing.

The group also conducts high quality systematic reviews, meta-analyses and meta-syntheses of qualitative evidence. Much of the group's research is carried out in collaboration with the community - predominantly field-based research in clinical, healthcare and educational settings.

► Sponsors and funders

- ESRC
- Breast Cancer Campaign
- Higher Education Academy Psychology Network
- National Institute for Health Research (NIHR)
- The British Academy
- Write Now CETL
- Chief Scientist Office (CSO)
- Diabetes UK
- Cancer Research UK
- Health and Safety Executive,
- Research Councils UK (RCUK)

► Key research areas

- **Illness management** – the psychological, social and cultural factors that underlie successful management and self-management of health Conditions. For example, diabetes, self-testing and self-monitoring health and innovative health technologies.
- **Illness prevention and safety behaviour** – the identification of psychological factors in key preventative health behaviours and risky behaviours.

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- **Human development across the lifespan** – including ageing, children's perceptions of health and illness and enhancing educational experiences.
- **Nutrition and behaviour** – the effects of nutritional status on neuropsychological function and mood.
- **Reproductive health and behaviour** – including voluntary childlessness, health behaviour during pregnancy and pregnancy loss.

► Link to group web page:

www.aston.ac.uk/lhs/research/health/hhd

► Key contacts

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