

# **EHPS NATIONAL REPORT FOR 2017-2018 FROM UNITED KINGDOM**

## **Dr Angel Chater - UK National Delegate**

### **I) Health Psychology in the UK**

The development of Health Psychology in the UK continues to be led and supported by the British Psychological Society's (BPS) Division of Health Psychology (DHP). Dr Jo Hart became the Chair of the DHP in September 2017 and is the first DHP Chair who will remain in the role for two years. There are currently 1,981 members of the DHP (681 Chartered; 1,110 general members; 190 'in training' (student) members); a reduction from 2,077 in the summer of 2017, whereby this reduction seems to be in Full (Chartered) membership (1,040 in 2017). Previous year figures in membership have fluctuated: 1,980 in 2016; 1,993 in 2015; 2,115 in 2014; 2,036 in 2013; 1,947 in 2012; 1,676 in 2011; and 1,601 in 2010. There have been no real changes in the health care or legislation in relation to Health Psychology in the UK since the last report. Although, the importance of the discipline is becoming increasingly more recognised, with a strategic movement in Public Health towards Behavioural Science (that encompasses Health Psychology). The Behavioural and Social Science Strategy for Public Health in England that I mentioned in my last report is due to be launched by Public Health England (PHE) at the Faculty of Public Health conference in September 2018. The DHP and the Health Psychology in Public Health Network (HPPHN) that I currently Chair are stakeholders of this strategy, which is being led by PHE. The strategy will have many recommendations that revolve around embedding behavioural science (and health psychology) within public health research, training, service delivery, practice and policy. It also calls for the development of a 'community of practice' to enable those working in public health to gain more access to those with health psychology and behavioural science expertise. Working closely with the DHP, the HPPHN will be re-branded to the Behavioural Science and Public Health Network (BSPHN) in the summer of 2018 to become this community of practice. From February 2019, I will pass on the Chair's role of BSPHN to Professor Jim McManus, Director of Public Health in Hertfordshire, England and we will continue as a Network to work closely with Dr Jo Hart and the DHP to promote Health Psychology in the UK.

### **II) Education, training & professionalization**

#### **1. Promotion of Health Psychology**

The DHP and the DHP Training Committee continue to oversee education, training, professionalisation and promotion of Health Psychology in the UK. The Health and Care Professions Council (HCPC), continues to regulate the discipline of Health Psychology (and other areas of applied psychology such as Clinical Psychology). Training must also confer to HCPC Standards of Proficiency (<http://hpc-uk.org>) to enable the future practice of Health Psychology. Advertising of jobs for health psychologists working in the NHS continues to be an issue. Sometimes, jobs are advertised for which health psychologists would fulfil the competencies; but the job advert requires a clinical psychologist. Professional insurance and indemnity remains to be through either the employer (i.e. Higher Education/ NHS) or private indemnity through companies such as Howdens and Towergate. Practitioners, supervisors and trainees must ensure they have appropriate cover for their work.

#### **2. Education and Training Initiatives/Programmes**

Training requirements have not changed since my last report and remain as an undergraduate psychology degree (usually 3 years full-time equating to 360 UK credits/ 180 ECTS points) which offers Graduate Basis for Chartership (GBC) with the British Psychological Society (BPS), followed by a 1 year full-time (or part-time equivalent) BPS accredited MSc in Health Psychology (180 UK credits at M level/ 90 ECTS points) leading to the Stage 1 qualification in Health psychology. Followed by a period of 2 years of Doctoral level supervised practice in Health Psychology (Stage 2), equating to 37.5/40 hours per week for 46 weeks per year or

part-time equivalent. During this time, candidates must show competency in the key areas of generic professional practice, research, teaching/training, consultancy and psychological interventions/behaviour change. Stage 2 can be achieved via either a university-route doctorate, or via the British Psychological Society's Division of Health Psychology independent training route. Through the independent route, trainees are independently supervised by a suitably qualified Health Psychologist to gain the competencies through a BPS agreed training plan. For this, supervisors must be registered on the Register of Applied Practice Psychology Supervisors (RAPPS) and students can study alongside a PhD. There are currently 31 MSc Health Psychology courses accredited by the British Psychological Society and 5 accredited Doctoral level Stage 2 training programmes (see here for more information: <https://www.bps.org.uk/public/become-psychologist/accredited-courses>). In addition, there are 60 'in training' individuals enrolled on the stage 2 Independent route. There are 59 suitably qualified Health Psychologists on the RAPPS who are able to supervise on the BPS Qualification in Health Psychology (stage 2 independent route).

### III) Activities

#### 1. **Conferences and meetings**

The DHP 2018 Annual Conference, with the theme '*Celebrating Health Psychology*' will be held on the 5<sup>th</sup>-7<sup>th</sup> September 2018 in Newcastle. Keynote speakers include Professor Di Harcourt; Professor Daryl O'Connor and Professor Paul Norman. The annual conference has historically been held in September each year, however, from 2019 the DHP annual conference will be moving to July. This will benefit those wishing to attend both the DHP and EHPS (which is common for many health psychologists in the UK) as it will reduce any potential future clashes with the EHPS Annual Conference. In 2019, the conference will be held in Manchester from the 10<sup>th</sup>-11<sup>th</sup> July, with keynotes from Professor Katherine Brown and Professor Neil Coulson. There are also annual AGMs with associated academic meetings from the Devolved Nations for DHP Northern Ireland (May) and DHP Scotland (February) which are well attended. Other noteworthy conferences that cover health psychology research and practice are the UK Society for Behavioural Medicine (UKSBM: <http://www.uksbm.org.uk/>) annual conference, this year held in Birmingham on the 12<sup>th</sup>-13<sup>th</sup> December 2018 and the Health Psychology in Public Health Network ([www.hpphn.org.uk](http://www.hpphn.org.uk)), whose annual conference was held this year on the 28<sup>th</sup> February 2018 with the theme '*The Role of Behavioural Science in Public Health: Application and Impact*'. The Chief Executive of PHE, Duncan Selbie opened the HPPHN conference with a keynote on the importance of health psychology and behavioural science in public health, followed by some real-world examples from Professor Falko Sniehotta, who called for more translational work between the disciplines and an applied session from Professor Katherine Brown, Dr Amanda Bunten and Dr Tim Chadborn (PHE).

#### 1. **Publications**

The DHP produces a regular divisional peer-reviewed publication called the Health Psychology Update (HPU), which goes out to all members of the DHP and is managed by the Publicity and Liaison Sub-committee. The British Psychological Society also support a Divisional publication; the British Journal of Health Psychology (BJHP). This journal has an impact factor of 2.706 (up from 2.551 in summer 2017), is published by Wiley and currently led by DHP members Professor Maddy Arden and Dr Joe Chilcot. The BJHP allows for open access, and currently the charge for this is waived to all DHP members who are accepted for publication following peer-review. To support a dialogue between the publication and DHP members, there will be a 'Meet the Editors' session at the DHP conference in September where delegates can discuss their publication plans. The DHP also has a blog that facilitates discussions and debates on a range of health psychology-related issues (see <https://www1.bps.org.uk/networks-and-communities/member-microsite/division-health-psychology/blog>).

## **2. Working groups**

The DHP national committee have working groups for research, practitioners, publicity & liaison, postgraduate, continuing professional development (CPD) and conference organisation to ensure that the diverse needs of health psychologists and trainees are met.

## **3. Other activities**

The DHP Twitter account is growing year on year and in July 2018 it had 6,053 followers (up from 5,297 in 2017; 4,277 in 2016; 3,359 in 2015 and 2,824 in 2014). Anyone can follow the DHP @divhealthpsych or join the Division of Health Psychology Community Group on Facebook where they can also post topics of interest to the group and share interesting empirical work or create debate on topics related to Health Psychology.

## **4. Planned/future activities and initiatives**

More information on the DHP, along with activities, events and targeted leaflets that give details about Health Psychology to the general public, employers, employees, GPs, Directors of Public Health and commissioners can be found on the website through the following link: <https://www1.bps.org.uk/networks-and-communities/member-microsite/division-health-psychology>

## **5. Other issues**

To ensure that the reporting of issues related to UK Health Psychology are current, it is important that the EHPS UK National Delegate has strong links with the DHP. It is time for me to stand down as the EHPS UK National Delegate. In the past it has not been easy to find a new representative due to a lack of funding to attend the EHPS annual National Delegates meeting (the Friday lunchtime of the EHPS annual conference), however, I have the pleasure of handing over to Dr Jo Hart, the DHP Chair who will continue to represent UK Health Psychology to the EHPS. Jo and I already work closely in our lead roles in the DHP and HPPHN and she has supported me to write this final report, for which I would like to thank her. I know she will make a fantastic contribution as the EHPS UK National Delegate going forward.

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