



# Society for Reproductive and Infant Psychology

## July 2015 Newsletter Edition

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Dear SRIP members

Welcome to the July 2015 edition of the SRIP newsletter. From now on there will be three editions of the newsletter each year, in January, June/July and October. This newsletter will focus on the SRIP conference in Nottingham on 14th and 15th September, including profiles of the keynote speakers, details of the programme and further information on how to book and where to stay. There is also information on our Developmental Grant Awards for workshops and a report from a recent workshop on sedentary behaviour in pregnancy, as well as information about the Journal. Hopefully we will see many of you at the conference, but if you can't make it you can follow #srip2015 on twitter.

## SRIP 2015 Nottingham Conference

### Conference programme

The conference programme has now been finalised and, as always, it promises to be a fascinating mix of topics with something of interest to everybody. In addition to the SRIP Lecture and Keynote Lecture (see page 3), there will be 22 poster presentations and 40 oral presentations covering the following themes:

- Fertility choices and experiences
- Pregnancy preparation
- Antenatal interventions
- Antenatal depression
- Birth
- Maternal sensitivity and mother-infant interactions
- Postnatal mental health
- Perinatal interventions
- Partners
- Psychological aspects of perinatal loss
- Loss and bereavement

If you have any items which may be of interest to SRIP members, please contact the newsletter editor, Franziska Wadehul, on [F.Wadehul@hull.ac.uk](mailto:F.Wadehul@hull.ac.uk).



If you are on twitter, please follow SRIP on @TheSRIP.



## SRIP 2015 Nottingham Conference

### Registration

To register for the conference please go through the SRIP website. Secure payments can be made online. Special rates are available for students and SRIP members. If you are not already a member, you can join when you register.

	2 days	1 day
Standard rate	£240	£130
SRIP members	£200	£110
Student rate	£170	£95
Student SRIP members	£150	£85

### East Midlands Conference Centre

The SRIP conference will take place at the East Midlands Conference Centre (EMCC), University of Nottingham. The EMCC is a purpose-built conference centre with a large tiered theatres, a spacious banqueting and exhibition suite and additional conference rooms. It is set in 330 acres of the University of Nottingham's landscaped parkland.



### Accommodation

Accommodation will be available in the adjacent Orchard Hotel, a 202-bed eco-friendly hotel designed to maximise the use of natural daylight and featuring outside terraces, floor-to-ceiling windows and a unique contemporary décor throughout. Accommodation is also available in Nottingham University halls of residence and nearby hotels.

### Transport

The EMCC and Orchard Hotel benefit from a great central location with excellent transport links and plentiful free parking. They are close to Beeston train station, 4 miles from the M1 motorway network and 10 miles from East Midlands Airport. There is plenty of parking at the EMCC.

### Conference dinner

The conference dinner will be in the evening of 14th September at Wollaton Hall, one of the country's finest Grade One listed Elizabethan mansions. After a sparkling drinks and canapé reception, dinner will be served in The Great Hall - a magnificent formal Elizabethan Hall featuring stone screen archways and a superb hammer beam ceiling. Transport to and from Wollaton Hall will be provided.



### Conference organisers

Dr Jane Morrell (University of Nottingham), Ms Karen Lees (University of Nottingham), Professor Julie Jomeen (University of Hull) and Dr Cathy Ashwin (MIDIRS).

## 2015 Conference speakers

We are very pleased to have two excellent speakers at the conference: Professor Lynne Murray (University of Reading) and Professor Cindy-Lee Dennis (University of Toronto).

### Keynote Speaker: Lynne Murray

Lynne Murray is professor in developmental psychology at the University of Reading, professor extra-ordinary at Stellenbosch University, South Africa, and co-director of the Winnicott Research Unit. Her research focuses on the mechanisms, prevention and treatment of child and adolescent psychopathology. Besides a plethora of peer-reviewed papers she has published two popular books on infant development and early relationships, *The Social Baby* (2000) and *The Psychology of Babies* (2014). Her keynote lecture will focus on 'Perinatal mental health problems and infant development: the effectiveness of interventions'.



### SRIP Lecturer: Cindy-Lee Dennis

Professor Cindy-Lee Dennis is the Canada Research Chair in Perinatal Community Health at the University of Toronto and the Shirley Brown Chair in Women's Mental Health Research at the Women's College Research Institute. Her maxim is that 'Healthy babies start with healthy moms' and consequently her research focuses on improving maternal health outcomes, particularly in terms of mental health. Her research areas include: (1) improving breastfeeding outcomes, (2) detecting, preventing and treating perinatal depression and anxiety, (3) examining the health of immigrant mothers and infants, and (4) developing postpartum interventions that include fathers. Her SRIP lecture will focus on 'Diverse applications of technology to manage perinatal depression'.



## Hold the dates: 2016 Conference

The 2016 SRIP conference will be held in Leeds on Tuesday 13<sup>th</sup> and Wednesday 14<sup>th</sup> September. The venue is Hinsley Hall Conference and Pastoral Centre in Headingley, not too far from the cricket ground for fans of our debatably national sport. It is a lovely venue owned and run by the Diocese of Leeds with good accommodation on site. Everyone who has used this venue speaks highly of the food and relaxing environment as it is set back from the main road in its own grounds. Transport links are good from Leeds / Bradford airport and the trains; free parking is available on site. The dinner will be held at the Thackery Medical Museum at St James University Hospital. During the drinks reception delegates are free to explore the museum prior to dinner being served.

## Developmental Grant Award

The Society will provide up to £1500 to cover travel and accommodation for participants and other small incidental costs. Applications can be made by completing the application form on the SRIP website ([srip.ac.uk/funding](http://srip.ac.uk/funding)). The organisers and participants of the workshop must include some members of SRIP. Although all applications will be considered on their merits, the following are most likely to be successful:

- Workshops dealing with topics that are important both academically and clinically
- Workshops which involve a reasonable number of speakers and other participants and extend over more than one day
- Workshops whose participants come from a number of different Universities, NHS Trusts or other organisations with some regional geographical spread
- Workshops which are multidisciplinary and involve clinical or other professional practitioners as well as academic participants

Please see the SRIP website, [www.srip.ac.uk/funding](http://www.srip.ac.uk/funding), for further details.

## Workshop report: sedentary behaviour in pregnancy

Lou Atkinson (Senior Research Assistant, Coventry University, UK) and James Newham (Research Associate, Newcastle University, UK) received funding from SRIP to run a workshop entitled 'Sedentary Behaviour in Pregnancy Workshop'. The meeting was held on the 25th February 2015 at the Applied Research Centre in Health & Lifestyle Interventions at Coventry University.

Evidence from both research and practice has identified significant barriers to encouraging pregnant women to become more physically active, hence consideration should be given to the possibility of supporting a reduction in sedentary behaviour as an alternative approach to reducing the risks associated with inactivity in pregnancy. Limited research exists over how sedentary behaviour is conceptualised, measured and prevented in pregnancy. The workshop aimed to bring together researchers with expertise in the development and implementation of physical activity interventions targeting sedentary behaviour with researchers with expertise in antenatal-specific maternal psychological and physical health.

This meeting allowed opportunity to communicate expertise from the different disciplines regarding theory, measurement and practice. During the workshop attendees discussed:

- Conceptual and theoretical issues in sedentary behaviour and what makes it distinct from physical activity
- Current guideline recommendations regarding physical activity and sedentary behaviour in pregnancy
- Measures of sedentary behaviour
- Establishing an evidence base for physical and psychological (e.g. mood) benefits of reducing sedentary behaviour in pregnancy, including potential outcome measures
- Potential psychosocial determinants of sedentary behaviour and interventions for reducing this
- Setting the agenda: Clinical and research priorities

The meeting helped to foster future research collaborations and to develop future research objectives.

## Journal of Reproductive and Infant Psychology

As part of your membership to the Society (only £32 per year!) you receive 5 issues a year of the Journal of Reproductive and Infant Psychology. The Journal is the major source of published material on the psychological aspects of human reproduction; by reporting and reviewing outstanding research on psychological, behavioural, medical and social aspects of human reproduction, pregnancy and infancy. To read more about the Journal visit [www.tandfonline.com/loi/cjri20](http://www.tandfonline.com/loi/cjri20).

**Editor-in-Chief:**

Professor Fiona Alderdice

**Associate Editors:**

Professor John Worobey

Dr James Newham

**Book Reviews Editor:**

Dr Zoe Darwin

Fiona has now taken over as editor from Dr Maggie Redshaw, who has edited the journal since 2006. Please note that correspondence needs to be sent to Fiona rather than Maggie in future.

## Special edition: PTSD after birth

While most issues of the journal cover a wide range of topics in reproductive psychology, occasional special editions provide an in-depth focus on particular topics. One of the recent journals (33:3) was a special issue on post-traumatic stress disorder after childbirth.

- Post-traumatic stress disorder after birth (editorial)
- Post-traumatic stress disorder following childbirth: an update of current issues and recommendations for future research
- Postnatal posttraumatic stress: a grounded theory model of first-time mothers' experiences
- A longitudinal study exploring the role of adult attachment in relation to perceptions of pain in labour, childbirth memory and acute traumatic stress responses
- Defence against trauma: women's use of defence mechanisms following childbirth-related trauma
- Hyperarousal symptoms after traumatic and non-traumatic births
- Personal growth in UK and Croatian women following childbirth: a preliminary study
- The efficacy of 'debriefing' after childbirth: is there a case for targeted intervention?

Professor Susan Ayers talked about PTSD after birth and this special edition on BBC Radio 4's Woman's Hour on 7 July. If you missed it, you can listen to it here: <http://www.bbc.co.uk/programmes/b060zq8r> at 17:48 minutes.