



June 2018

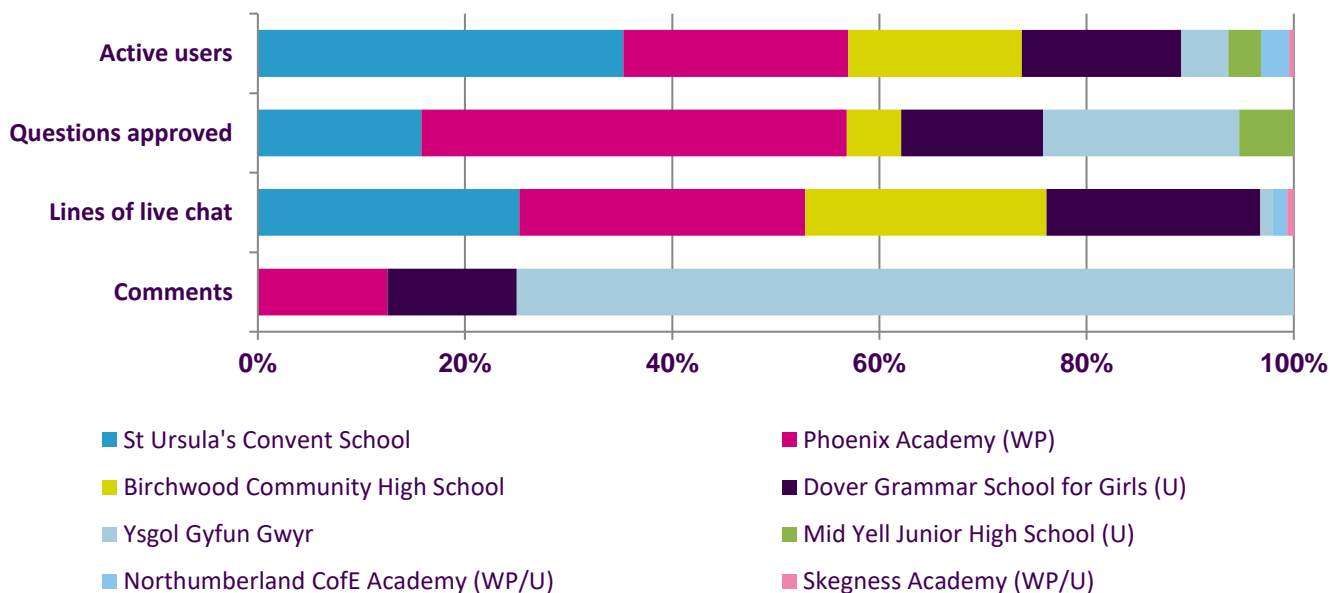
The Wellbeing Zone had five psychologists and was supported by The British Psychological Society.

- Viren is a social psychologist studying body image, how we feel and think about our bodies, and how we can develop a more positive view
- Sam, the winner of the Wellbeing Zone, is a PhD student researching self-control and how this can cause people to drink more, or less, alcohol
- Noel lectures in sport and exercise psychology and is interested in how a person's thoughts while exercising influences their performance
- Amy is a biomedical scientist who uses rats to investigate the relationship between happy moods and how often we eat
- Abby is a health psychologist looking to find the most effective ways to help people quit smoking

A sixth member of the zone unfortunately had to drop out early in the first week due to personal circumstances and will be included in a future zone.

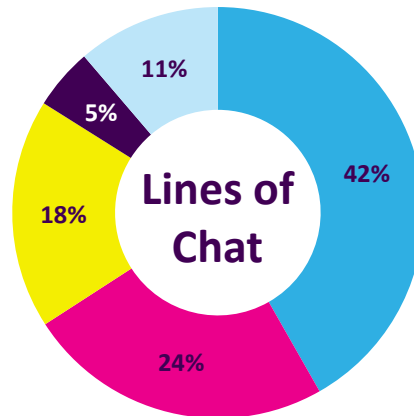
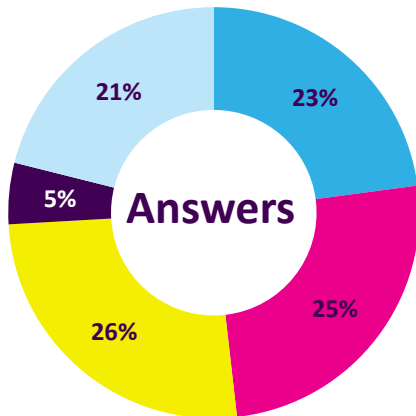
This zone was quieter than other zones in June's event, due to a higher number of sixth form classes than normal taking part, with small class sizes. We anticipate more sixth form classes will apply for future psychology zones, so will be over-filling these zones to compensate for the smaller student numbers.

School data at a glance



We want to increase the participation of under-represented groups going into STEM careers. Find out what we mean by our under-served (U) and WP schools (WP), and how you can support us in working with more of these at about.imascientist.org.uk/under-served-and-wp/

Psychologist activity



PSYCHOLOGIST	PROFILE VIEWS	POSITION
Sam Burton	456	Winner
Abby Hunter	383	2nd
Noel Brick	277	3rd
Viren Swami	277	4th
Amy Warnock	262	5th

Key figures from the Wellbeing Zone and the averages of the June zones

PAGE VIEWS	WELLBEING ZONE	JUNE '18 ZONES AVERAGE
Total zone	11,061	19,125
ASK page	438	1,307
CHAT page	640	1,422
VOTE page	642	1,252

	WELLBEING ZONE	JUNE '18 ZONES AVERAGE	IAS 2012-18 AVERAGE
Wellbeing Zone Schools	8	9	10
Students logged in	235	393	387
% of students active in ASK, CHAT or VOTE	94%	91%	86%
Questions asked	149	461	689
Questions approved	95	225	300
Answers given	166	400	536
Comments	9	68	74
Votes	186	300	304
Live chats	15	18	16
Lines of live chat	3,990	6,513	5,509
Average lines per live chat	266	357	354

Popular topics

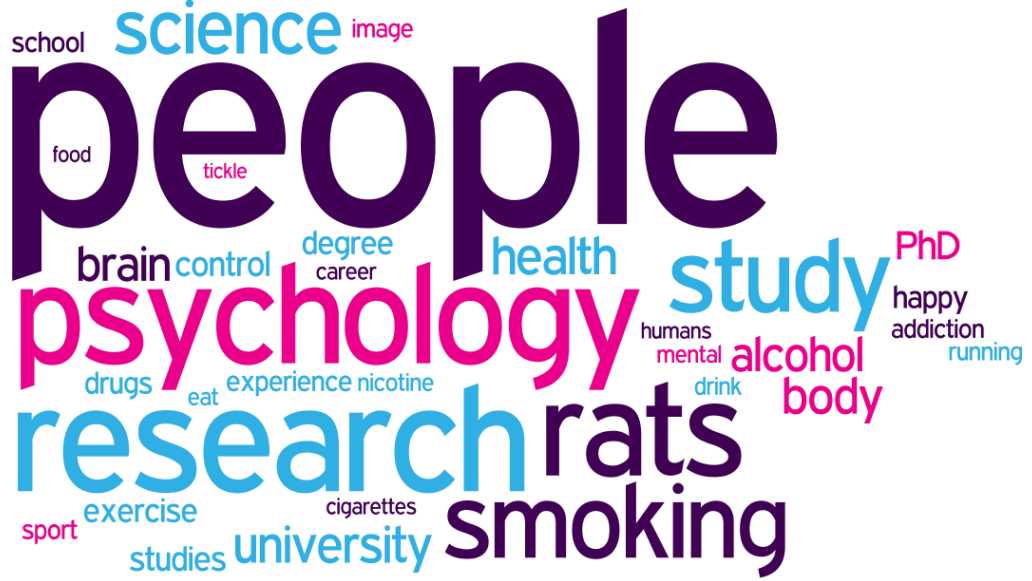
Lots of conversations were about the psychologists' research areas, with students asking more questions about what they had read on the profiles. They were very interested in Amy's research 'tickling rats', such as what her control variables are, what food choices they make and whether she names them. Abby was asked about her research into smoking and whether it could also be related to e-cigarettes.

There were some mature conversations in both Ask and the live chats about being a psychologist, with students interested in the ethics behind different research, how the psychologists can be sure they are following BPS guidelines and how they find participants for their studies.

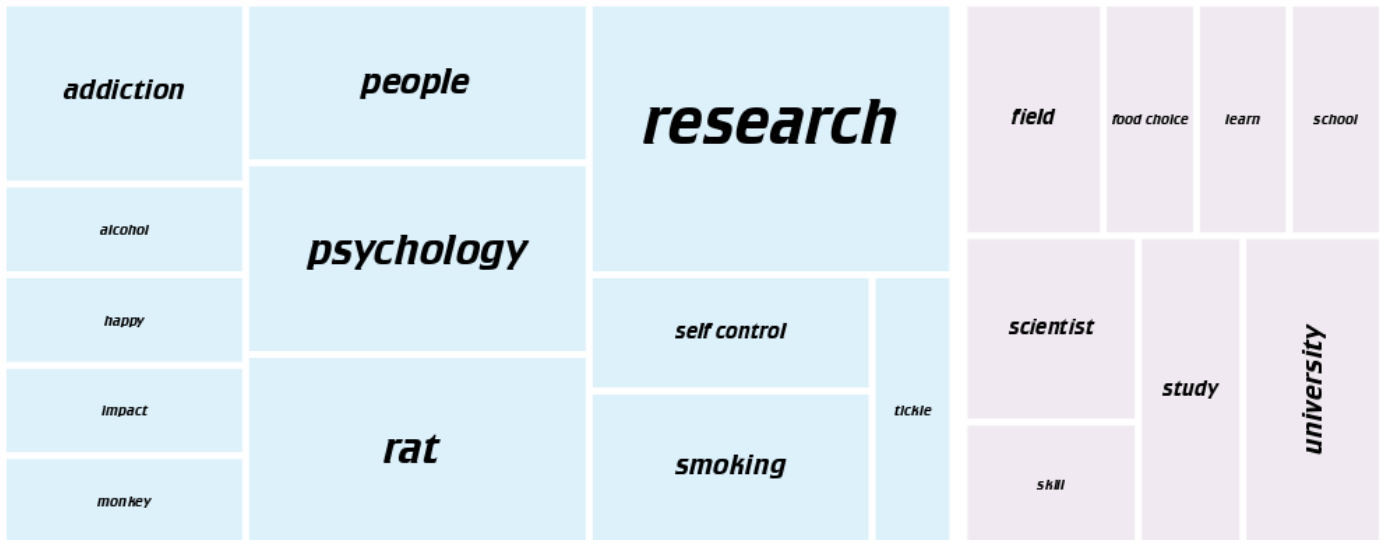
Students were interested in being a psychologist, the requirements for studying psychology at university and the kinds of work experience that would be relevant for the career path. The psychologists gave great examples of volunteering opportunities or internships at universities the students could follow up.



Keywords from live chats in the zone, size of the word represents its popularity



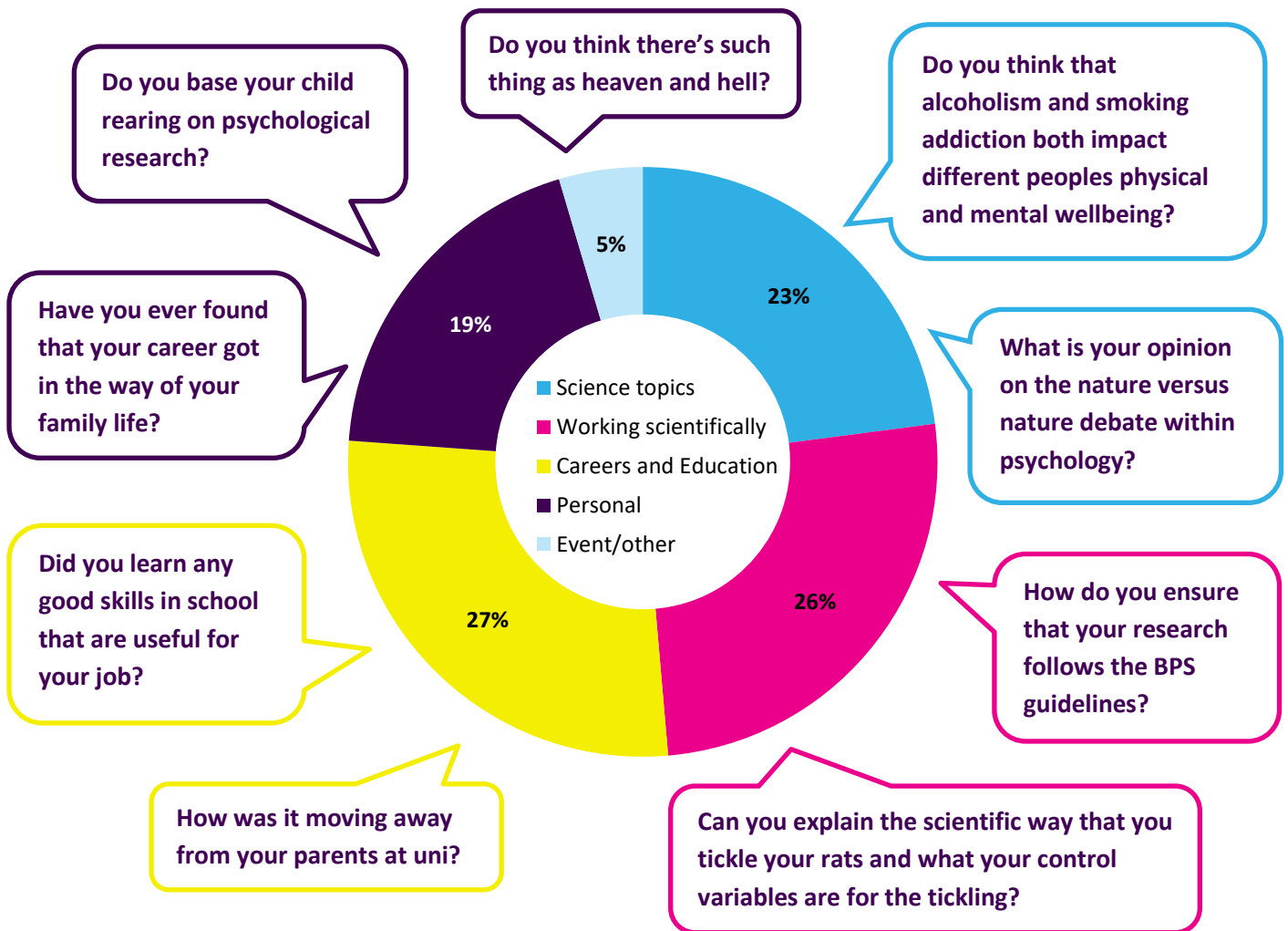
Top Keywords of questions approved in the Zone



■ Psychology ■ Being a psychologist

Question themes and example questions in the Zone

Find out about how we've coded the questions at about.imascientist.org.uk/2017/student-question-coding



Examples of good engagement

There were great discussions in live chats about the psychologists' research areas, such as Noel's work in exercise psychology:

"What factors have you found that influence people's desire to take part in sport?" – Student

"So many. Current research is really focusing on how we feel during an activity. If you do something and it feels unpleasant to do (e.g. some people find running boring or painful) then we are less likely to do it. On the other side, if you play." – Noel, psychologist

"Do you think a persons personality takes a role in what type of sports they take part in? (e.g a marathon runner)" – Student

"Yes. Actually there is some nice research on this. In some sports like running participants tend to score higher on some traits like consciousness." – Noel, psychologist

Students wanted to know about working as a psychologist and how research is conducted:

“how did you choose your sample for your research?” – Student

“For my work I use heavy drinkers, this is anyone that drinks over 14 units of alcohol per week, it's about 5 pints or 1 and a half bottles of wine. So it's really a lot of the population so quite a lot of people can take part” – Sam, psychologist

“It depends on what the project is. We have built up a database of people that have taken part in research or expressed an interest and it has built up from there. We email them when there is a suitable project to see if they would be interested” – Abby, psychologist

“It depends. For my work, we often want individuals with certain characteristics. So, if I am doing a study and I need well-trained runners, I will email a local running club to seek volunteers.” – Noel, psychologist

“is your data based not biased if your data bases consists of individuals who are interested in research and might be influenced by demand characteristics?” – Student

“That is just one example of how we might recruit people. For qualitative research which is mostly what I do then your sample will never be representative so it does not matter.” – Abby, psychologist

Psychologist winner: Sam Burton

Sam's plans for the prize money: *“I will either take part in a local science festival, share my research at Pint of Science, or run a talk that students from local schools and colleges can come to, to see the work done in our research group.”* Read Sam's [thank you message](#).



Student winner: 4thquarter

For great engagement during the event, this student will receive a gift voucher and a certificate.

Feedback

We're still collecting feedback from teachers, students and psychologists but here are a few of the comments made during the event...

"Totally fantastic! I was overwhelmed by the patience and sensitivity of the psychologist's responses to our students' questions." — **Teacher**

"I didn't realise how much I could learn from chatting about my work. Some of the questions asked made me really think about what I was doing." — **Sam, winner**

"I learnt what university life is like and how to extend my knowledge in different scientific fields outside of the school syllabus." — **Student**

 **Seicoleg YGGwyr**
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Following

Levels of excitement and engagement currently through the roof as this lot pore through the profiles. 'Tickling rats to make them happy' #moodandfoodchoices #researchmethodology #ethics @imascienti #thinktheresafavorite @WellbeingforFE @yggwyr

