

PSYCHE

Newsletter



CHANGE EDITION

Autumn is here and with it comes a new PSYcHE Newsletter! The PSYcHE team want to extend our continued gratitude for your involvement in our research. None of it would be possible without you!



This edition will focus on the topic of navigating change and the emotions that come with it. Here are just a few mental health snippets we hope you enjoy! As always just click the images to go straight to the link.



Something to Watch



Click me!



The Boy, The Mole, The Fox and The Horse is a short film where four friends share truths about life as they search for a home. However, the boy learns that home is not always a fixed place. It reminds us what fragile creatures we are and that the world can be a tough place, as well as a beautiful one.



Something to Hear

Headspace is your guide to being kind to your mind using science-backed meditation and mindfulness tools. Headspace co-founder and former Buddhist monk Andy Puddicombe discusses how the world is constantly changing around us.



Click me!



Something to Read

Returning to or starting college can be a stressful time of change. This short article by spunout outlines how to deal with the emotions that can come with it.

Click me!





PSYcHE Team Updates



Sophie Mahon

There have been several changes made to the team here at PSYcHE, say hello to our new members!



Sophie Harrington



Anna O'Mahony-Sinnott

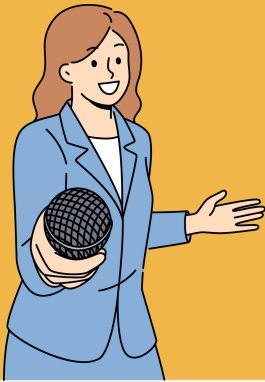


We have also said goodbye to some team members in the past few weeks, including Megan, Christina, Kyra, and Emma. Megan and Christina have gone on to start the Doctorate in Clinical Psychology in UCD and UoG respectively, Kyra has started a new Assistant Psychologist post in the UK, and Emma has taken up an Associate Professor post in UL. We'd like to thank them for all their work on the PSYcHE project and wish them the best of luck in their future endeavors!

PSYcHE News Updates

We've been busy here at the University of Galway, and we'd love to share just some of our most recent work as part of the PSYcHE project:

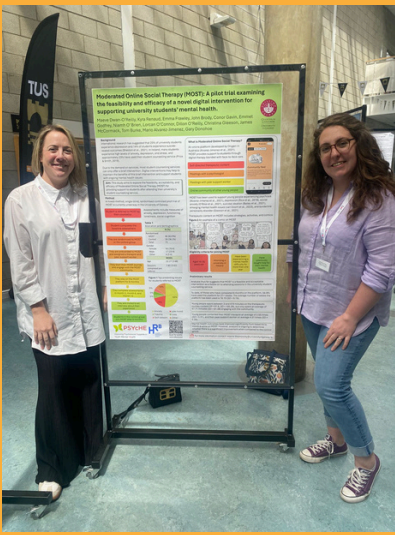
We have recently recruited the final participant into MOST, and recruitment for CREST-R is continuing at pace and going well



Maeve has been doing interviews with people using MOST to hear about their experiences and to get feedback on improving the platform

Alba attended the Digital Mental Health and Wellbeing Conference in Londonderry as a speaker





Maeve and Emma presented some findings on MOST at the Student Affairs Ireland conference in the summer

Alba presented a poster at the International Society for Research on Internet Interventions (ISRII) Conference in Limerick



Gary, Caroline and Maeve completed a report on Mindspace which will be available in the coming months

We are currently recruiting participants for:

SOCIABLE



VR-based study to improve social thinking skills in adults who have had adverse childhood experiences

Atlantic Futures



Qualitative interview about the perspectives of university students on their use of digital mental health interventions



THANK YOU



We hope you enjoy some of these snippets. From all of us at the PSYcHE team, we thank you again for giving your time.

Take care, and all the best,

The PSYcHE team

