

TEAM ALPHA NEWSLETTER



#TEAMALPHA

December 2023 / Issue 5

WELCOME!

Welcome to the fifth issue of the Team ALPHA Newsletter.

Team ALPHA are a group of academics, doctoral students and post-doctoral researchers associated within the School of Social Sciences, Humanities and Law (SSSHL) at Teesside University, led by Professor Dorothy Newbury-Birch.

At the heart of the work that Team ALPHA is co-production with stakeholders and the community.

The team consists of academics and postdoctoral students primarily in SSSHL with representation across the University.

The ethos of the team is support and working together to achieve results. We work with stakeholders locally, nationally and internationally.

Twitter:
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TEAM ALPHA HIGHLIGHTS

It's been a busy year for the team, here are a few highlights of the things we've been getting up to:

South Tees Health Determinants Research Collaboration

We are very pleased to share, that after a very busy development year, the South Tees Health Determinants Research Collaboration (HDRC) was awarded full status in October 2023. The HDRC is a collaboration between Teesside University and South Tees Local Authorities, which aims to create an evidence-based culture within local government.



Research within the HDRC will look at addressing impacts on health and health inequalities within the local area and will enable local authorities to increase their research capacity and evidence-based decision making.

Team Teesside Star Awards 2022-2023

In May of this year, the team attended the 2022-2023 Team Teesside Star Awards at Teesside University's Student Union. Team ALPHA was presented with the award for "Research Excellence."

The award is described as given to "...a research team who have demonstrated excellent teamwork, mentorship, and support, to colleagues in the pursuit of research excellence. The award recognizes all of those working collaboratively to support research endeavor including technicians, research staff, students service users, and community members as well as academic colleagues."





RESEARCH TEAM NEWS

We have had a busy year with promotions, successful bids and lots of publications within the team. Here are some of our most recent successes and news:

Books and Blogs

Here are a few highlights from books and blogs that have been published by the team this year:

Professor Dorothy Newbury-Birch and Dr Jennifer Ferguson have recently published their new book: **Alcohol, Crime and Public Health** (ISBN: 9780367771034).

Dr Benjamin Lamb has recently written a new edition of his book: **You're Nicked: Investigating British Television Police Series** (ISBN: 1526125854). Catch Ben talking about his book on the 'Cult Connections' Podcast (Available on all Podcast platforms):

Apple: <https://shorturl.at/muNP5>

Spotify: <https://shorturl.at/dvH28>

Google: <https://shorturl.at/cAJNV>

Emma Tuschick, a PhD Student and Research Associate recently wrote a blog discussing her research and how she was inspired to develop new perspectives on her work. You can find Emma's blog on the Centre for Applied Psychological Science blog site: [A new perspective on reintegrating sexual offenders into the community. - Centre for Applied Psychological Science \(tees.ac.uk\)](https://www.tees.ac.uk/news/a-new-perspective-on-reintegrating-sexual-offenders-into-the-community)

INEBRIA – UNC Greensboro 2023

Professor Dorothy Newbury-Birch and senior members of Team Alpha attended the 19th International Network on Brief Interventions for Alcohol & Other Drugs (INEBRIA) Conference at the University of North Carolina Greensboro.

Professor Dorothy Newbury-Birch presented a talk "Mentoring is a Two-Way Relationship" at the conference. Dot also received the INEBRIA Richard Saitz Mentoring Award 2023 as recognition for the amazing work she does in mentoring students, fellow academics, and colleagues. Congratulations Dot, its well-deserved!



Welcome to the Team:

Maddison Din (Research Associate)

Maddi started working for Team Alpha in January. She joined the team after completing her MSc in International Development and is currently working on creating a Community Research Program for the South Tees HDRC. She spends most of her free time travelling and loves to collect postcards to document her travels.

Sarah Evans (Senior Administrator)

Sarah has worked as an administrator in the education sector for 15 years and started to work for Teesside University during the first COVID lockdown in April 2020. She joined TeamAlpha in May as a part-time administrator for HDRC, and in her free time, loves spending time with her grown-up family and going to the theatre to watch musicals.

Matthew Dobson (Research Associate)

Matthew started working for Team Alpha in July. He has two years' experience in research and is currently working with Hartlepool Local Authorities to conduct drug and alcohol research in substance misuse services.

The 'Mind the Gap' Event

TeamALPHA researchers Dr Stephanie Kilinc, Dr Judith Eberhardt and Matthew Dobson, with Jo Cole from Neurokey, hosted 'Mind the Gap', A dissemination event for their regional evaluation of MyLifeTool (www.mylifetool.com), an integrative self-management tool for individuals with long-term health conditions.

The event explored how practitioners and research may be able to enhance integrative person-centered care for people with chronic illness, with discussions on long-covid (www.mylifetool.co.uk/LongCovid), co-production and psychosocial support also taking place. Participatory research associates were championed and featured as the keynote speakers for the event.



Upcoming Events

Team Alpha Christmas Meeting and Lunch
– 12 December 2023 (All day drop in and out)

Upcoming HDRC Training Workshops:

- **Mentoring is a Two-Way Process** – 12/12/23 1pm
- **Information Sharing and GDPR: a beginner's guide** – 17/1/24 12pm
- **Managing Grant Funding** – 6/2/24 1pm
- **How can I collaborate with public health students, academics and LA Staff** – 15/3/24 12pm
- **Consultation, co-production and communities** – 17/4/24 1pm
- **“What things do I need to know when submitting my first research grant?”** – 18/6/24 1pm

To get involved in HDRC training workshops please get in contact with S.Evans@tees.ac.uk

Conference Presentations and Abstract Submissions

Eberhardt, J., Kabuye, J., Agaimwonyi, A., & Ling, J. (2023). COVID-19 Booster Vaccine Acceptance in Ethnic Minority Individuals in the United Kingdom: A mixed-methods study using Protection Motivation Theory. Paper presented at 18th European Congress of Psychology 2023, Brighton, United Kingdom

Eberhardt, J., Kabuye, J., Agaimwonyi, A., & Ling, J. (2023). EHPS2023 - COVID-19 Booster Vaccine Acceptance in Ethnic Minority Individuals in the United Kingdom: A mixed methods study using Protection Motivation Theory. Paper presented at European Health Psychology Society Conference: EHPS 2023, Bremen, Germany.

Etherson, L., & Neves, S. (2023) Using Shame Containment Theory to Address Sexual Dysfunction. Abstract Submitted to European Society for Sexual Medicine

Kilinc, S., Eberhardt, J., Dobson, M., Cole, J. et al. (2023) Mind the Gap: Integrative Approaches to Managing Long-Term Conditions. Conference organised and held by Teesside University Staff and NeuroKey at Hardwick Hall, Sedgefield

Newbury-Birch, D. (2023) Mentoring is a Two-Way Relationship. Presented at the 19th International Network on Brief Interventions for Alcohol & Other Drugs (INEBRIA) Conference, North Carolina, USA.

Oyenyi, O. S., Robb, K., Ling, J., Kotzur, M., **Eberhardt, J.**, Kabuye, J., Kalembe, M., & Christie-de Jong, F. (2023). Early diagnosis of PROstate CANcer for Black men (PROCAN-B): identifying barriers and facilitators. Paper presented at 67th Annual Scientific Meeting - Society for Social Medicine & Population Health, Newcastle upon Tyne, United Kingdom. <https://sure.sunderland.ac.uk/id/eprint/16152/>

Recent Publications

- Al-Qerem, W., Alassi, A., Jarab, A., Al Bawab, A.Q., Hammad, A., Alasmari, F., Alazab, B., Abu Husein, D., AL Momani, N., & **Eberhardt, J.** (2023). Examining Influenza Vaccination Patterns among young adults with Asthma: Insights into Knowledge, Attitudes, and Practices. *Patient Preference and Adherence*.
- Al-Qerem, W., Ling, J., & **Eberhardt, J.** (2023). Validation of an Arabic version of the female version of The Sexual Dysfunctional Beliefs Questionnaire: a factor analysis study. *Journal of Sex and Marital Therapy*.
<https://doi.org/10.1080/0092623X.2023.2260370>
- Al-Qerem, W.; Jarab, A.; AlBawab, A.Q.; Hammad, A.; Alazab, B.; Abu Husein, D.; **Eberhardt, J.**; Alasmari, F. (2023). Examining Influenza Vaccination Patterns and Barriers: Insights into Knowledge, Attitudes, and Practices among Diabetic Adults (A Cross-Sectional Survey). *Vaccines*, *11*, 1689. <https://doi.org/10.3390/vaccines11111689>
- Carthy, N., Best, D., & **Divers, A.** (2023). The process of leaving abuse: midlife and older male experiences of female-perpetrated intimate partner violence. *Journal of Interpersonal Violence*, 08862605231173431.
- Diba, P., Bowden, J., **Divers, A.**, Taylor, B., **Newbury-Birch, D.**, & Ling, J. (2023). A co-production approach to exploring an integrated service model in UK local authorities. *Journal of Integrated Care*
- Eberhardt, J.**, Kabuye, J., & Ling, J. (2023). A qualitative study exploring attitudes and perceptions of the COVID-19 booster vaccine in minority ethnic individuals in North East England. *Journal of Public Health*.
<https://doi.org/10.1007/s10389-023-01858-9>
- Etherson, L.** (Accepted/In Press). Shame Containment Theory- A New Approach to Shame. *Attachment*.
- Jackson, K., & **Newbury-Birch, D.** (2023). Patient reported experiences of community rehabilitation and/or support services for people with long term neurological conditions: a narrative review of quantitative studies. *Disability and Rehabilitation*, 1-18.
- Kane, L., Leighton, C., Limbrick, H., **Kilinc, S.**, Ling, J., & **Eberhardt, J.** (2023). You clapped, you cheered, but did anybody hear? A mixed-methods systematic review of dementia homecare workers' training and psychosocial needs. *Home Health Care Services Quarterly*. <https://doi.org/10.1080/01621424.2023.2246415>
- Kane, L., **Portman, R.**, **Eberhardt, J.**, Walker, L., Proctor, E., Poulter, H., & O'Neill, C. (2023). Peer Supporters' Mental Health and Emotional Wellbeing needs: Key Factors and Opportunities for Co-Produced Training. *Health Expectations*. <https://doi.org/10.1111/hex.13836>
- Ling, J., McCabe, K., Crosland, A., Kane, L., & **Eberhardt, J.** (2023). Evaluating the effects of a multi-component support service for people recently diagnosed with dementia and their carers: A qualitative study. *Health Expectations*.
<https://doi.org/10.1111/hex.13767>
- Oyeniya OS, Robb K, Ling J, Kotzur M, **Eberhardt J**, Kabuye J, Kalemba M, & Christie-de Jong, F. (2023). OP43 Early diagnosis of PROstate CANcer for Black men (PROCAN-B): identifying barriers and facilitators. *Journal of Epidemiology and Community Health*, *77*, A22. <http://dx.doi.org/10.1136/jech-2023-SSMabstracts.43>
- Templeman, L., **Eberhardt, J.**, & Ling, J. (2023). Exploring the Health Care Experiences of Women Diagnosed with Vulvodynia. *Journal of Sexual Medicine*. <https://doi.org/10.1093/jsxmed/qdac023>
- Waller G, **Newbury-Birch D**, Simpson D, Armstrong E, James B, Chapman L, Ahmed F, **Ferguson J.** (2023) The barriers and facilitators to the reporting and recording of self-harm in young people aged 18 and under: a systematic review. *BMC public health*, *23*(1), 158

Successful Bids

Coulton, S., Gannon, T., Green, T., Hendrie, N., Vass, R., Pellatt-Higgins, T., **Newbury-Birch, D.**, & **Eberhardt, J.** (2023-2026) Evaluation of the Multisystemic Therapy-Child Abuse and Neglect (MST-CAN) intervention. Youth Endowment Fund. **£752,581.**

Coulton, S., Hendrie, N., Vass, R., Pellatt-Higgins, T., **Newbury-Birch, D.**, & **Eberhardt, J.** Evaluation of the Bridgend Youth Justice Service. Youth Endowment Fund. (With Bridgend Council.) **£380,393.**

Eberhardt, J., Newbury-Birch, D., Divers, A., Portman, R., & Ling, J. (2023-2024). Vaccine hesitancy in the Tees Valley,. Hartlepool Borough Council - **£50,000**

Eberhardt, J., Portman, R., Ling, J., Braun, T., MacKinnon, M., & McKnight, R. (2023-2024) A longitudinal study on experiences and perspectives of the Multiple Complex Needs Peer Advocacy Pilot. NIHR CRN NENC. (With Stockton Borough Council) **£34,566.24**

Joseph, D., Ike, T., & **Eberhardt, J.** (2023). Working with refugee women to explore barriers and facilitators of entrepreneurial intentions and behaviour in Middlesbrough: a co-production approach. Participatory research funding call, Teesside University. **£2,025.**

Newbury-Birch D, Ferguson J, Coulton S, Bray J, Deluca P, **Eberhardt J,** Sumnall H, Stevens A. (2023-2024) Development of a trial application to assess the effectiveness and cost-effectiveness of adult dRug screening and brief interventionS in key hEalth, social care and justice setTings: The RESET PROJECT. NIHR PHR. **£98,764.**

STUDENT SPACE

This section highlights Team ALPHA's PhD students and all their wonderful work and achievements.

Sean Harris: Let Teachers SHINE Winner 2023

Congratulations to our very own Sean Harris, who has recently been awarded funding to develop a school curriculum that considers the challenges that students from low socio-economic background face. Well done, Sean!

Find out more about the award here: <https://shinetrust.org.uk/2023/05/10/let-teachers-shine-winner-2023-sean-harris-crafting-a-curriculum-with-poverty-in-mind/>

Congratulations Lisa Etherson!

Well done to Lisa, who has recently taken on a new role as a faculty member of The Contemporary Institute for Clinical Sexology as their shame lead. Keep up the Great Work!

Student Spotlight – Sean Harris

PhD Title: It's not all about money: Understanding place-based poverty through co-production with children in primary phase education

What motivated you to research this area?

As a leader serving in schools in challenging contexts, I became frustrated with my inability to diagnose and tackle the pain-points of communities that I served. I wanted to understand the complexity of poverty but to also ensure that the voices of children and young people were central to any research dialogue about poverty and disadvantage. I was further motivated to do this research because of my [own lived-experience from a low-income background](#). I had the



opportunity to work with Professor Newbury-Birch and team as part of a schools-based research project. This further challenged and energised me to take seriously the impact that doing a PhD could have for the schools that I serve.

The last 12 months have consisted of...

A cost-of-living crisis! This is causing significant hardship for many communities, especially a growing number of families in the Tees Valley. In my experience, it appears to have created some robust opportunities to open up a dialogue about poverty and in-work poverty in the schools and communities that I have served. As a result, I am not short of reading or thinking material on the topic of tackling poverty and disadvantage! In recent months, I also implemented the next phase of my PhD research. This involved working with children in two primary academies in Middlesbrough and exploring what children think about poverty and how it might be further researched in their classrooms and communities.

Research highlight of the year

Getting to work with groups of children in the Tees Valley and finding out what they understand and think about poverty has been rewarding and challenging. Any policy maker or researcher that thinks children do not have a voice or opinion on the topic of tackling poverty needs to think again – children have so much that they want to say! Children are acutely aware of the current fiscal climate and are actively looking for a means to further understand it and do something about it.

Personal highlight of the year

I was asked by the Church of England to support them in understanding and disseminating some research statistics about poverty from the North East. This was prepared for use in a speech by the former Bishop of Durham and read in the House of Lords. It was great to be able to help give the North East and poverty agenda some airtime in parliament. A holiday visit to Lego HQ in Denmark during the summer was also a massive highlight.

In the next 6 months

I will be continuing to complete my results analysis and write-up from the recent phase of my research with children in the Tees Valley. This will then inform the design and implementation of the next wave of my research. I will also be working on some much-needed systematic review edits too!

Advice I'd give to fellow students

I'm a big Back to the Future fan. If I could go back in time to give my PhD induction year self some advice, this is what I would tell them:

1. **The learning is in the journey, not just the output:** Enjoy and reflect on the insights that you gleam as you go. Don't stress too much about turning it all into a written chapter.
2. **Have a laser focus:** your topic will be broad and you can go down too many rabbit holes with it. Keep going back to your intent and research question. Consider how your ideas and reflections link back to this.
3. **Set the agenda:** nobody else is here to manage you, it requires discipline and habit. So, take ownership of your schedule and be realistic with your goals. But, set regular and challenging milestones for yourself to keep the pace and working rhythm.
4. **Watch Back to the Future:** because it really is a great film.

If you have any news (personal or professional), events or recent publications you would like us to share in the next issue, then please contact M.Dobson@tees.ac.uk
