



Welcome to the March issue of the Research Centre for Health (ReaCH) newsletter highlighting the latest research from the School of Health and Life Sciences at Glasgow Caledonian University (GCU).

I invite you to bookmark this ReaCH newsletter – there really is so much to report from a wide range of our teams doing fantastic work with real impacts locally, nationally, internationally; and we've even reached the Pacific islands! Do come back to it when you get a chance as I am sure that clicking the links and reading the information behind these stories will be rewarding.

It was great to see such a breadth of research and engagement highlighted this month. There are not only examples of research answering questions of profound public health importance – such as the way in which our physical environment contributes to health and morbidity – but that also impact our national conversation on how we think about drug overdose, caring for at risk groups during COVID-19, or rethinking liver disease.

Our researchers continue to generously share their expertise with the academic and health service communities and civic society through direct engagement, publication and through membership of groups of thought leaders. ReaCH research is very highly cited in academic journals but also reaches those publications, radio, podcast and TV routes and websites where some people will find it more accessible. A patchwork of communication about our work will help ensure it has the best chance of making that impact in future.

Another feature of the newsletter is the coverage of great successes from people at all stages of their research career. Students, early career researchers, and those of us in the prime of our research journey are all represented. I was intrigued to see that we even had an event on Work to Retirement, but I was relieved to see it wasn't directed at academics, but an example from Occupational Therapy of how they have integrated students within the research programme, thus supporting lecturers and students to succeed in research (16th March, 12pm-1pm). Do also put in your diary the ReaCH seminar (30th March, 10am-12pm) from the Sexual Health and Blood Borne Viruses research group and the Careers in Academia session on 3rd March, 1pm-2pm. Last, but not least, I look forward to seeing you at a fantastic Research Celebration on 24th and 25th May – save the date.

Find out more about our research on our website [www.gcu.ac.uk/reach](http://www.gcu.ac.uk/reach) or follow us on twitter



**Professor Andrea Nelson, Pro Vice-Chancellor Research and Director of ReaCH**



## Police commit to national roll-out of life-saving drug overdose treatment

Police Scotland has committed to a national roll-out of drug overdose emergency treatment in response to recommendations made by researchers at GCU and Edinburgh Napier University (ENU). Chief Constable Iain Livingstone announced on 17th February that all operational officers in Police Scotland will be trained and equipped with the life-saving nasal spray naloxone, which can be given safely to people who have suffered a drug overdose. An in-depth study carried out by researchers at GCU and ENU recommended that police officers across Scotland should carry naloxone following an independent evaluation of a pilot scheme carried out last year. The researchers also

called for naloxone training to be made compulsory for all Police Scotland officers and staff. Dr Andrew McAuley, a Senior Research Fellow in the Sexual Health and Blood Borne Viruses research group, was an advisor on all aspects of the study, including methods, analysis and interpretation of the results. Dr McAuley believes naloxone is an important tool in tackling Scotland's drug-related deaths crisis, by providing immediate first aid while waiting for the ambulance service to arrive and take over emergency medical treatment.

[Read more](#)

## Cancer experts clinches £133,000 for leukaemia research

Blood cancer specialist Dr Mark Williams, Molecular Mechanisms of long-term conditions research group, has been awarded £133,000 from three charities to help fund his research into therapy resistance in Acute Myeloid Leukaemia patients. The largest grant of £100,000 is from the Academy of Medical Sciences Springboard Award. It is a major accolade for Glasgow Caledonian University and it is a first for ReaCH. The award will pay for a full-time post-doctoral researcher for 18 months to help support the studies focusing on macrophage-driven therapy resistance. Macrophages are large white blood cells that are an integral part of the immune system. Their job is to locate and destroy disease causing organisms. Dr Williams has also been awarded £30,000 from the Sylvia Aitken Charitable Trust and £3,000 from the Miss AM Pilkington Charitable Trust - all charities help fund medical research. Dr Williams said he was 'absolutely delighted' to receive the funding from the three charities which will help to support and continue research on macrophage-driven therapy resistance in Acute Myeloid Leukaemia.



[Read more](#)



## World-renowned hepatitis C expert behind landmark report on liver disease in Europe

World-renowned hepatitis C expert Professor Sharon Hutchinson, Sexual Health and Blood Borne Viruses research group, is behind a new Lancet Commission report on tackling liver disease deaths in Europe. The GCU Professor of Epidemiology and Population Health was commissioned by the European Association for the Study of the Liver (EASL) and Lancet journal to help find ways of improving liver health throughout Europe. Professor Hutchinson was part of a 57-strong international team of experts tasked with identifying barriers to improving liver health and solutions in a report published in the Lancet. The three-year analysis, 'Protecting the next generation of Europeans against liver disease complications and premature mortality', concluded

there must be a fundamental shift in the way in which liver disease is prevented, diagnosed and treated. Professor Hutchinson, a Commissioner for the EASL-Lancet Liver Commission, highlights that while liver disease represents a major health threat to Europeans, prevention and treatment is now possible thanks to significant advances in medicine.

[Read more](#)

## Study explores self-management treatment for pelvic organ prolapse

Research involving experts from GCU will explore the clinical and cost effectiveness of an innovative self-management programme designed to help improve the lives of women with pelvic organ prolapse. The study - led by the University of Stirling in collaboration with GCU and Manchester University NHS Trust - will assess the long-term outcomes of women who followed a new self-care programme and compare them with those who received standard treatment. Involving more than 300 women, the research will also look at how pessaries affect sexual activity and psychological wellbeing, and consider the risks and complications of pessary use for prolapse. Dr Carol Bugge, of the Faculty of Health Sciences and Sport at Stirling, is leading the study and GCU Professor Suzanne Hagen, Deputy Director of the Nursing, Midwifery and Allied Health Professions Research Unit (NMAHP-RU) and Co-Lead of the Ageing Well research group, is co-chief investigator of the study.



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## Research exposes dramatic drop in HIV and hepatitis C testing for people who inject drugs during COVID-19 first wave



HIV and hepatitis C prevention services for people who inject drugs in Scotland were "severely affected" during the first wave of COVID-19, according to new research led by GCU. The study, led by Research Fellow Dr Kirsten Trayner, Sexual Health and Blood Borne Viruses research group, covered 67% of people who inject drugs in the country and found testing for blood-borne viruses was negatively impacted during the pandemic. Dr Andrew McAuley, Dr Norah Palmateer, Dr Alan Yeung, Professor Sharon Hutchinson, Professor David Goldberg and Megan Glancy were also involved in the study, in collaboration with Public Health Scotland, NHS Greater Glasgow and Clyde, NHS Lothian, NHS Tayside and NHS Grampian. The research entitled 'Examining the impact of the first wave of COVID-19 and associated control measures on interventions to prevent blood-borne viruses among people who inject drugs in Scotland' was published in Elsevier's international journal of Drug and Alcohol Dependence.

Researchers studied four different routinely available healthcare data sources - relating to needle and syringe provision, drug treatment services and blood-borne virus testing - to assess changes in service provision over the course of the first wave of COVID-19.

[Read more](#)

## Living near a canal cuts chronic disease risk

People from deprived areas can cut their risk of developing life-shortening diseases by up to 15% if they live within 700m of a well-developed canal, according to new research. Data scientists from GCU examined medical records of Glasgow's 2 million population and then put the spotlight on 137,032 people living within 1400m of the Forth and Clyde Canal in areas of high socioeconomic deprivation in the north of the city. They found that people living in deprived areas within 700m of the newly regenerated Forth and Clyde Canal had a 15% lower risk of suffering from cardiovascular disease, stroke or hypertension. It also lowered their risk of diabetes by 12% and obesity by 10%. Researchers from the Ageing Well research group, School of Health and Life Sciences and School of Computing, Engineering and Built Environment worked with Scottish Canals on the study, funded by the Data Lab, Scotland's Innovation Centre for data and artificial intelligence.



[Read more](#)



## Ageing expert helps physios target loss of muscle mass in older people

GCU Professor in Ageing and Health Dawn Skelton has published a new research paper which provides guidance for prescribing and delivering resistance exercise to older people living with sarcopenia. Sarcopenia is the loss of skeletal muscle mass and function over and above ageing loss and it affects 25% of people under the age of 70 years and 40% of those over the age of 80 years. Professor Skelton, Co-Lead of the Ageing Well research group, was part of a wider team working in collaboration with AGILE (Chartered Society of Physiotherapy) and the British Geriatric Society Sarcopenia and Frailty Special Interest Group. Resistance exercise is a first-line treatment for sarcopenia and until now the optimal exercise prescription remained unknown. The new

paper is a 'how to' guide for physiotherapists. Published in Age and Ageing, a leading international journal of clinical ageing research, the paper 'Resistance exercise as a treatment for sarcopenia: prescription and delivery' was viewed over 1800 times in the first week of publication.

[Read more](#)

## Study reveals best dose of speech therapy to maximise recovery for stroke patients

A world-first study led by GCU Professor Marian Brady, Living with Stroke and other-long terms conditions research group, has revealed insights into the best dose of speech therapy to maximise recovery of stroke patients with language problems. The international study 'Dosage, Intensity, and Frequency of Language Therapy for Aphasia: A Systematic Review-Based, Individual Participant Data Network Meta-Analysis', published in American Heart Association Stroke Journal, involved almost 1000 patients across 28 countries. The findings will help revamp services for stroke survivors with language problems (aphasia) and inform national and international clinical guidelines. Around a third of people have aphasia after a stroke and it is estimated that there are more than 350,000 people living with aphasia in the UK alone.



[Read more](#)

## Researchers run pelvic floor dysfunction workshops for women in the Pacific Islands

GCU researchers in NMAHP-RU are running pelvic floor dysfunction workshops for clinical staff in the Pacific Islands. Professor Suzanne Hagen, Deputy Director of the NMAHP-RU and Co-Lead of the Ageing Well research group, said workshops have already been held in Samoa and there are plans to run more in Fiji and Solomon Islands later this year. The team has also developed an educational video on the topic in Samoan and English which is being made widely available for both women and healthcare professionals. The workshops, which were to be delivered face-to-face, were moved online due to COVID-19 restrictions. Clinical experts from the UK and New Zealand presented to attendees via zoom over two days, and along with the wider team, took part in practical and Q&A sessions. The feedback from participants on the workshops in Samoa was positive and will be used by the team to plan the subsequent workshops in other Pacific Islands this year.

[Read more](#)

## FLEXI study goes live

FaME (Falls Management Exercise) is a proven programme exercise that reduces falls. Developed by Professor Dawn Skelton, Co-Lead of the Ageing Well research group, many years ago, it has been trialled in two RCTs and more recently an implementation Study (in Leicestershire, Derby and Rutland) which developed a NICE endorsed Toolkit for Commissioners. FLEXi, funded by the NIHR, takes this implementation one stage further, to roll-out. It aims to:



1. Understand how best to increase availability of FaME in two new areas (Devon and Greater Manchester) and assess the role that the toolkit plays in this.
2. Study the delivery of FaME in the new areas and see if programmes work in these populations by measuring improvements.
3. Test ways of maintaining the quality of FaME programmes over time. Working with Later Life Training, a national not-for-profit organisation with expertise in FaME.

Within this, Dawn is leading the N-FIT - The National FaME Implementation Team, which will work closely with the National Falls Prevention Coordination Group which sits in the Medical Directorate of NHS England and NHS Improvement.

[Read more](#)

## HIV expert hits the BBC Scotland airwaves

World-renowned sexual health expert Professor Claudia Estcourt, Sexual Health and Blood Borne Viruses research group, has appeared on the BBC Radio Scotland Mornings with Kaye Adams show to share her expertise in HIV prevention. She was invited to talk about her research and knowledge in the field after new figures were released in England showing that for the first time in 10 years, the number of new HIV diagnoses are higher in heterosexual people than in gay and bisexual men. The programme was also focusing on HIV in the wake of Prince Harry urging everyone to check their HIV status and get tested as part of his plans to help eradicate stigma and misunderstanding surrounding the virus. Last year, research led by Professor Estcourt, revealed a 20 per cent reduction in new HIV diagnosis in gay and bisexual men as a result of the implementation of the first PrEP (pre-exposure prophylaxis) drug programme in Scotland in July 2017. Listen to the interview via the link below (from 1 hr 51mins).

[Read more](#)

## Experts warn festive drinks promotions target women despite rise in alcohol-related deaths

Professor Carol Emslie, Lead of the Substance Use research group, featured in the Sunday Post article on the rise of alcoholic drinks aimed at women.

[Read more](#)

## How the spin-off benefits of climate action will improve life for everyone

Professor Sebastien Chastin, Ageing Well research group, writes on how climate action can have a large number of positive effects for The Conversation UK.

[Read more](#)

## Mental illness stigma article

Professor Simon Hunter, Lead of the Child and Adolescent Health research group, has had his article examining mental illness stigma at school published in Australia's prestigious Education Today website. The article entitled 'Is it "OK to not be OK" at school? Mental Illness Stigma' highlights that it is never going to be completely smooth sailing for young people but de-stigmatising mental health issues means that they're more likely to seek help and get through it'. The article was written in collaboration with GCU PhD student Rebecca Johnson, University of Strathclyde's Dr Nicola Cogan and PhD student Rachel Taylor and Professor Pat Corrigan, from Illinois Institute of Technology.

[Read more](#)

## Good Housekeeping

Professor Dawn Skelton, Ageing Well research group, featured in the March issue of Good Housekeeping. The article 'Hang on to your balance' focused on staying stable as a vital keep-young fitness move and sharing the best ways to improve your balance whatever your age.

[Read more](#)

## Highly cited award for second year running

Congratulations to Professor Sebastien Chastin, Ageing Well research group who has been hailed one of the world's most influential researchers by Clarivate for the second year running. He has received the highly cited award for the second time in the field of Social and Health Sciences for his bumper year of research despite the COVID-19 pandemic. Professor Chastin has had a phenomenal year of internationally significant research including discovering the perfect cocktail of physical activity for a longer life and that regular physical activity cuts the risk of dying from infectious diseases such as COVID-19 by 37 per cent. He was also behind a global-first study, in partnership with Scottish Canals, which concluded that the regeneration of canals can improve community health.

[Read more](#)

## GREAT wins best poster

Congratulations to the GREAT project and Professor Martijn Steultjens, Dr Gordon Hendry and Aimie Patience of the Musculoskeletal Health research group, for winning Best Poster presentation at the Scottish Society for Rheumatology Annual Conference for their feasibility study on gait rehabilitation for early rheumatoid arthritis. The project has just recruited and randomised their first participant almost 2 years after the study was due to start. It was hampered by COVID-19 and lockdowns, requiring significant adaptations to training delivery (all online now) and intervention delivery (remote delivery options) that had to be developed.



GAIT REHABILITATION IN EARLY ARTHRITIS TRIAL

[Read more](#)

## Health benefits of blue spaces article to feature in new book

A top rated article written by Professor Sebastien Chastin and PhD candidate Michail Georgiou, Ageing Well research group, on the health benefits of blue spaces will feature in a new book. The article in the global news network The Conversation 'Living near water can be beneficial to your mental health - here's how to have more blue spaces in cities' which attracted thousands of readers worldwide, will be included in an anthology on water by John Hopkins University Press to be published in March.

[Read more](#)

## Sign of the Times for sexual health expert

Professor of Sexual Health and HIV Claudia Estcourt, Sexual Health and Blood Borne Viruses research group, has featured in The Times newspaper explaining how we can stop the Scottish spread of HIV in eight years. She said HIV transmission in Scotland could be 'virtually eliminated' by the end of the decade, almost 50 years after the virus was identified. Professor Estcourt, Sexual Health and Blood Borne Viruses research group, said a meeting involving clinicians, researchers, community organisations and the NHS was a 'really exciting turning point'. However, she highlighted that hitting the target would be challenging, particularly with COVID-19 continuing to distort public health service provision.

[Read more](#)

## Common Good Podcasts

### Scottish Mental Illness Stigma Survey



Simon Hunter, Professor of Applied Psychology and Lead of the Child and Adolescent Health research group, joins the first Common Good Podcast of 2022 to talk about the launch of a new survey that will allow people with experience of complex mental illnesses to share their views and

experiences of stigma and discrimination to help shape policy, support and services in Scotland. Professor Hunter outlines the kind of stigmas people with mental health problems can face, why this survey is needed and how its findings can be put into practice. He also talks about his own journey in academia.

[Read more](#)

### Gender, masculinity and loneliness



Annamae Burrows, a PhD student in the Substance Use and Child and Adolescent Health research groups joins the latest Common Good Podcast to talk about her forthcoming study into the impact of gender and masculinity on male loneliness and social isolation. Annamae outlines the project which

aims to talk to men aged between 18 and 30, a group on which there is little existing research, and how we define terms like 'loneliness' and 'masculinity' within this context. She also discusses the role alcohol plays within this community and how it helps people communicate their feelings.

[Read more](#)

## How living near a canal can cut the risk of chronic disease

Dr Zoe Tiegies discusses a new study that found people living close to canals can cut their risk of chronic illnesses like cardiovascular disease, stroke or hypertension by up to 15 per cent. Dr Tiegies outlines how and why canals can boost our mental and physical wellbeing before talking about how she and the team carried out the study, and how its findings can be put into a practical context. She also discusses her own journey in academia and her other work at GCU.

[Read more](#)



### Dragon's Den success for stroke researcher

Stroke expert Professor Maggie Lawrence's pitch on non-medical prevention was a surefire winner at a Dragon's Den style event during the UK Stroke Forum Online Annual Research Conference in December. Professor Lawrence, Living with Stroke and other-long terms conditions research group, was joined by Swedish, Australian and UK scientists from INSsPiRE, an international network of stroke prevention researchers, which she founded six years ago. The 'Dragon's Den: non-surgical, non-pharmacological pitches for optimising stroke secondary prevention' was a live online open session held in front of an audience of 189. Four researchers gave their pitches to obtain hypothetical funding for stroke secondary interventions from the

dragons. After the pitches, the dragons or judges voted on which one they would fund and Professor Lawrence's HEADS:UP (Helping Ease Anxiety and Depression After Stroke) project, which addresses secondary prevention as a self-care issue, came out on top. There's more good news for the INSsPiRE network - researchers have been accepted to host and deliver a session at the European Stroke Organisation Conference in Lyon, in May 2022.

[Read more](#)

## Stroke researchers celebrate record year of success at conference

SHLS staff member and PhD researcher Ciara Ryan has been awarded and praised by judges for her amazing public involvement during her study improving the lives of stroke survivors with visual problems. Ciara who co-ordinates NMAHP's Research Partnership Group and is involved in the Public and Patient Involvement and Engagement Group and College Connect Programme, won the Patient, Carer and Public Involvement Prize at the UK Stroke Forum Conference. Ciara was among 11 staff, PhD researchers and students from the Living with Stroke and other-long terms conditions research group celebrating a record year of success at the UK's largest multidisciplinary event for stroke care professionals. The successes included Professor Marian Brady's 'What's Hot and What's Next' presentation on advancing aphasia research through international collaboration, and Dr Christine Hazelton's oral presentation and seminar about securing funding and career development. There were also poster presentations from MSc Students, PhD researchers and their teams - Patricia Creelman, Joe Hall, Matilde Pieri, Dr Bridget Davis, Dr Alex Todhunter-Brown, Professor Maggie Lawrence, Dr Helena Bassil-Morozow, Professor Frederike van Wijck.



[Read more](#)



## Sport and exercise psychology stars take international conference by storm

Eight trainees and graduates from GCU's Professional Doctorate in Sport and Exercise Psychology took an international research conference by storm - winning awards and giving outstanding presentations. They delivered a workshop, and gave six oral and five poster presentations during the two-day 2021 Annual British Psychological Society (BPS) Division of Sport & Exercise Psychology (DESP) Conference in Liverpool. The trainees won the 2021 Early Career Practitioner Applied Practice Award for their work delivering the Scottish Association for Mental Health (SAMH) Time for You project, supporting frontline workers' mental health during the COVID-19 pandemic. Stage three trainee Sahen Gupta, was awarded the best student oral presentation prize for his

impressive presentation 'Open science and theory development in systematic reviews: Innovating with methods in sport and exercise psychology'. Others involved in the conference were 2021 graduates Dr Zoe Black and Dr Elanor Cormack, and stage one to three trainees Julie Gordon, Sarah Findlay, Leigh Martin, Hannah Prince and Zoi Zompopolou. Dr Bryan McCann presented graduate Dr Ciara Reidy's poster in her absence at the event.

[Read more](#)

## Patient and Public Involvement/Engagement (PPIE) Group

The School of Health and Life Sciences PPIE Group supports public involvement/engagement activities and provides an Advice Service for postgraduate research students and staff. This includes discussing potential ideas for your PPIE activities, assisting with project-specific PPIE activity development, looking at logistics, writing PPIE sections in ethics/grants and more. A new pre-funding PPIE budget is being launched to support activities prior to funding and to support development of grant applications. Details on how to apply will be circulated shortly.



[Read more](#)



## Forthcoming events

Please see details below and links to register for forthcoming seminars and events.

### ECR Seminar: Careers in Academia

Get ready to be inspired for a career in academia with the next seminar, organised by the GCU SHLS ECR Network on **Thursday 3rd March, 1pm-2pm**. A panel of internationally-recognised experts will share their tips on achieving work-life balance and what ECRs can expect if they want to follow a similar career path. Speakers include:



- Professor Cam Donaldson (Yunus Centre for Social Business and Health)
- Professor Carol Emslie (Nursing and Community Health)
- Professor Gordon Morison (Computing)
- Dr Joanna McParland (Psychology)
- Professor Linda Scobie (Biological and Biomedical Sciences)

Following brief presentations from the speakers, there will be time for Q&A. The seminar will be chaired by Dr Elena Dimova and Dr Mark Williams.

[Register](#)

### ReaCH Seminar: Work to Retirement Programme

The ReaCH Seminar Series continues on **Wednesday 16th March, 12pm-1pm** with the GCU W2R Programme: A Heath Robinson Approach to Developing a Research Programme.

This seminar will be led by Dr Katrina Bannigan, a member of ReaCH's Workplace Wellbeing Hub. The GCU Work to Retirement (W2R) Programme is an occupation-based intervention developed to support people managing the transition from work to retirement and promotes healthy ageing. As this research has been conducted with students, the seminar will also explore how you can build a research programme (using the GCU W2R programme as an exemplar) that not only provides high quality learning experiences but enables busy lecturers to conduct research that has impact. There will be opportunity for questions and discussion within the seminar.

[Register](#)



### ReaCH Seminar: Sexual Health and Blood Borne Viruses

GCU's Sexual Health and Blood Borne Viruses research group are teaming up with NHS Greater Glasgow and Clyde, NHS Lothian and Waverley Care on **Wednesday 30th March, 10am - 12noon** to deliver the

### SMMASH 3: Infographics Launch Seminar

#### What are the sexual, mental and wider health needs of gay, bisexual and other men who have sex with men in Scotland?

Gay, bisexual and other men who have sex with men have greater sexual, mental and wider health needs compared to other men in Scotland. This seminar will present key findings from the third Social Media, Men who have sex with men, Sexual and Holistic Health Survey (2019). It is aimed at members of the GBMSM community, our allies and all health professionals in the wider sense. We'll launch our new infographics which focus on the key topics below, then host discussion sessions to hear about your views on these findings and examine how you can use them in your everyday life and work.

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• TasP, PrEP &amp; Condoms</li> <li>• Mental Health</li> <li>• Young Men</li> <li>• HIV &amp; STI Testing</li> <li>• Drugs &amp; Alcohol</li> </ul> | <ul style="list-style-type: none"> <li>• Sexual Wellbeing</li> <li>• Sexual Activity</li> <li>• Living with HIV</li> <li>• Men in Relationships</li> <li>• Social &amp; Sociosexual Media</li> </ul> |
|--|--|

You can get a head start by looking at our website <https://www.smmash2020.org/findings> where you'll find our SMMASH3 reports, surveys and other SMMASH publications.

#### Seminar Speakers

- Dr Jamie Frankis, Reader in Health Psychology, GCU
- Dr Dimitra Strongylou, Research Fellow, GCU

#### Seminar Chair

- Lorraine Fleming, NHS Greater Glasgow and Clyde

#### Discussion Group Leaders

- Yvonne Kerr, NHS Lothian
- Dr Stephen Maxwell, GCU
- Scott Bissell, NHS Greater Glasgow and Clyde
- Mark Baillie, NHS Lothian
- Tammy Ruddock, ROAM, NHS Lothian
- Grant Sugden, Waverley Care
- Christopher Ward, Waverley Care

[Register](#)

### Save the date for our annual Research Celebration

GCU will hold its annual Research Celebration in May this year and it will be once again held online to better connect with global audiences. The celebration on **May 24 and 25**, will be underpinned by the theme of 'impact'. The event is designed to inspire pride in our University identity, and to illustrate the impact we are making in our communities through our research, shaped by the Sustainable Development Goals (SDGs) - issued by United Nations in 2015 as a blueprint for peace and prosperity across the planet. Through our own research, GCU addresses the SDGs via three societal challenges of Inclusive Societies, Healthy Lives and Sustainable Environments. The work will be illustrated throughout the two days via keynote speeches, workshops and activities. Research Celebration details and a full programme of events will follow in due course.



# Webinar with Health Improvement Scotland

Scottish Patient Safety Programme are running a series of Webinars throughout the year and the March webinar focuses on falls and deconditioning in the acute setting. Professor Dawn Skelton, Co-Lead of the Ageing Well Research Group (AWRG), will speak at the event alongside Erin Walker, from NHS Greater Glasgow and Clyde. They will cover research on sedentary behaviour from GCU and the Active Wards work, developed originally with Dr Juliet Harvey, a previous member of AWRG. The webinar on Falls: Time for Movement takes place on **Wednesday 9th March, 2pm-3pm**.

[Register](#)

## What are LGBTQ+ people's experiences of alcohol services in Scotland?

Join Scottish Health Action on Alcohol Problems (SHAAP) and researchers from GCU on **Wednesday 23rd March, 2pm-3pm** for the launch of a report: What are LGBTQ+ people's experiences of alcohol services in Scotland? A qualitative study of service users and service providers. The webinar will launch the findings of the new report, which investigates the experiences of LGBTQ+ people who have used alcohol services in Scotland, and the views of service providers. We will explore how services can be made more inclusive to more effectively support the LGBTQ+ community. Speakers include Professor Carol Emslie, Lead of the Substance Use Research Group, GCU and David Barbour, Glasgow Council on Alcohol.

[Register](#)



## Latest publications

The latest publications from GCU staff are listed below and to view the article, please click on the title.

**'A retrospective investigation of the perceived influence of coaches, parents and peers on talented football players' motivation during development'** in the Journal of Applied Sport Psychology. Co-authored by Dr Bryan McCann and Dr Paul McCarthy,

**'Adolescents' longitudinal trajectories of mental health and loneliness: The impact of COVID-19 school closures'** in Journal of Early Adolescence. Co-authored by Professor Simon Hunter.

**'Comparing the effectiveness of hand hygiene techniques in reducing the microbial load and covering hand surfaces in healthcare workers: updated system review'** in the American Journal of Infection Control. Co-authored by Professor Lesley Price, Dr Lucyna Gozdzielewska, Ayodeji Matuluko and Professor Jacqui Reilly.

**'Contrasting compositions of sitting, standing, stepping, and sleeping time: associations with glycaemic outcome by diabetes risk'** in the International Journal of Behavioural Nutrition and Physical Activity. Co-authored by Professor Sebastien Chastin.

**'Electrophysiological heterogeneity in large populations of rabbit ventricular cardiomyocytes'** in Cardiovascular Research. Co-authored by Dr Niall Macquaide.

**'Examining the impact of the first wave of COVID-19 and associated control measures on interventions to prevent blood-borne viruses among people who inject drugs in Scotland: an interrupted time series study'** in Drug and Alcohol Dependence. Co-authored by Kirsten Trayner, Dr Andrw McAuley, Dr Norah Palmateer, Dr Alan Yeung, Professor David Goldberg, Megan Glancy, Professor Sharon Hutchinson.

**'Exploring men's alcohol consumption in the context of becoming a father: a scoping review'** in Drugs: Education, Prevention and Policy. Co-authored by Dr Elena Dimova, Jodie McGarry, Dr Kareena McAloney-Kocaman and Professor Carol Emslie.

**'Factors influencing usage of urban blue spaces: A system-based approach to identify leverage points'** in Health & Place. Co-authored by Niamh Smith, Michail Georgiou, Dr Zoe Tiegas, Professor Sebastien Chastin.

**'Feasibility of performance-based and self-reported outcomes in self-managed falls prevention exercise interventions for independent older adults living in the community'** in BMC Geriatrics. Co-authored by Professor Dawn Skelton.

**'Gait Rehabilitation for Foot and Ankle Impairments in Early Rheumatoid Arthritis: a Feasibility Study of a New Gait Rehabilitation Programme (GREAT Strides)'** in Pilot and Feasibility Studies. Co-authored by Dr Gordon Hendry, Professor Martijn Steultjens, Aimie Patience and Professor Helen Mason.

**'Homo Sapiens (Hsa)-microRNA (miR)-6727-5p Contributes to the Impact of High-Density Lipoproteins on Fibroblast Wound Healing In Vitro'** in Membranes. Co-authored by Khaled Mahmoud Bastaki, Jamie Tarlton, Richard Lightbody, Professor Annette Graham and Dr Patricia Martin.

**'How men and women learn about sex: multi-generational perspectives on insufficient preparedness and prevailing gender norms in Scotland'** in Sexuality, Society and Learning. Co-authored Dr Karen Lorimer.

**'Identifying conducive contexts and working mechanisms of sedentary behaviour interventions in older adults: a realist review protocol as part of the 'Stand UP Seniors' project'** in BMJ. Co-authored by Professor Sebastien Chastin.

**'Investigating the association between regeneration of urban blue spaces and risk of incident chronic health conditions stratified by neighbourhood deprivation: A population-based retrospective study, 2000-2018'** in Environmental Health. Co-authored by Zoe Tiegas and Professor Sebastien Chastin.

**'New Insights into Pulmonary Hypertension: A Role for Connexin-Mediated Signalling'** in the International Journal of Molecular Sciences. Co-authored by Dr Jane Nally, Dr Patricia Martin and Dr Yvonne Dempsie.

**'Phosphodiesterase type 4 anchoring regulates cAMP signaling to Popeye domain-containing proteins'** in the Journal of Molecular and Cellular Cardiology. Co-authored by Dr Niall Macquaide

**'Pretty in Pink and Girl Power: An analysis of targeting and representation of women in alcohol brand marketing on Facebook and Instagram'** in the International Journal of Drug Policy. Co-authored by Professor Carol Emslie.

**'Real-time PCR-based methods for detection of hepatitis E virus in pork products: a critical review'** in Microorganisms. Co-authored by Professor Linda Scobie.

**'Resistance exercise as a treatment for sarcopenia: prescription and delivery'** in Age and Ageing. Co-authored by Professor Dawn Skelton.

**'Systematic review on factors influencing the effectiveness of alcohol-based hand rubbing in healthcare'** in Antimicrobial Resistance & Infection Control. Co-authored by Professor Lesley Price, Dr Lucyna Gozdzielewska, Julius Cesar Alejandro, Annelysse Jorgenson and Professor Jacqui Reilly.

For more information and the latest articles, please visit the ReaCH website.

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If you have any news stories, please contact Janice Burns, Senior Communications Officer  
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