

Welcome to the latest 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).

Find out more about our research on our website www.gcu.ac.uk/reach or follow us on twitter @GCUReach

The professor who has advised the Scottish Government through the coronavirus pandemic is to share his insights at the GCU annual Research Celebration in May. Jason Leitch, National Clinical Director of the Scottish Government, will be the keynote speaker at the celebration, on 26th and 27th May. The event will take place entirely online, underpinned by the theme of social innovation.



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Is social media use a potentially addictive behaviour?

Frequent use of social media may not amount to the same as addiction, according to researchers at GCU and the University of Strathclyde. A research paper entitled 'Social media 'addiction': The absence of an attentional bias to social media stimuli' has been published in the Journal of Behavioural Addictions and is co-authored by Simon Hunter, Professor of Applied Psychology at GCU. The findings did not indicate that users' attention was drawn more to social media apps than to any others, such as a weather app; they were also not associated with self-reported or measurable levels of addictive severity. This contrasted with other studies which have shown attentional bias related to addictions such as gambling and alcohol.

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Regular physical activity could cut COVID-19 death risk by one third

Regular physical activity cuts the risk of dying from infectious diseases such as COVID-19 by 37 per cent and reduces the chance of catching the virus by 31 per cent, according to new global research. The research carried out by an international team of researchers, led by GCU's Professor of Health Behaviour Dynamics Sebastien Chastin, also found the physical activity can boost the effectiveness of vaccines by up to 40 per cent. The research found that 30-minutes of activity five days a week or 150-minutes per week that gets you slightly out of breath such as walking, running, cycling and strengthening exercises can have a massive impact on immunity to infectious diseases such as COVID-19.

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Men, Women and Alcohol: from Gin Lane to Pink Gin



Professor of Health and Society and GCU Substance Use Research Group Lead, Professor Carol Emslie will deliver her inaugural Professorial Lecture on Tuesday 11th May. Her applied health research focuses on gender and alcohol use across the life course. As a social scientist in the Research Centre for Health, her research influences policy makers, health professionals, charities and the general public.

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Research shows that even older stroke survivors can improve speech given the right support

International research led by GCU Senior Research Fellow Dr Myzoon Ali and Professor Marian Brady has found that people who had access to speech and language therapy made the greatest improvements soon after stroke, and that improvements diminished over time. The study also found that older people and those who were more than six months after a stroke also achieved notable language recovery.

[Read more](#)

Latest blog from PIONEER

In their latest blog, find out more about progress on the perceptual disorders after stroke intervention evidence review which is funded by the NIHR. There are three stages in the research including a scoping review, cochrane systematic review and research priority setting.

[Read more](#)

World Hand Hygiene Day

The Safeguarding Health and Infection Prevention research group in collaboration with Antimicrobial Resistance Healthcare-Associated Infection and the Scottish National Blood Transfusion Service proudly supported World Hand Hygiene Day on 5th May with the creation of a number of videos which appeared on @SHIPGCU.

[Read more](#)

Ageing Well With Stroke in the era of COVID-19 eConference

Registration is now open for this eConference which will take place on the 17th June 2021 and will be accessible on catch up TV up until 16th June 2022. Book your place today!

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If you have any news stories, please contact Janice Burns, Senior Communications Officer
Email: janice.burns@gcu.ac.uk