



23rd-24th June 2022

Day 1 Speakers

23rd June 2022

09:40 Jason McIntyre *The relationship between ingroup identity and paranoid ideation among people from African and African Caribbean backgrounds*

Objectives: People from ethnic minority groups experience higher rates of paranoid delusions compared with people from ethnic majority groups. Here, we investigated the association between British identification and paranoia in a sample of people from African and African Caribbean backgrounds living in the United Kingdom. We also assessed the role of potential mediating (self-esteem and locus of control) and moderating (contact with White British people) factors.

Methods: We recruited 335 people from African and African Caribbean backgrounds who completed self-report measures of identification with Great Britain, self-esteem, locus of control, positive and negative contact with White British people, and paranoia.

Results: British identification was associated with lower paranoia when participants had primarily positive contact with White British people. British identification was associated with higher paranoia when participants had primarily negative contact with White British people. Both effects were mediated by changes in locus of control, but self-esteem was not implicated in either pathway.

Conclusions: Identification with the majority culture is associated both positively and negatively with paranoid beliefs depending on the types of social interactions people experience. The findings have implications for preventative social prescribing initiatives and for understanding the causes of the high rates of psychosis in ethnic minority populations.

Bahar
Tunçgenç

Social alignment and mental well-being in the pandemic

Physical distancing measures were widely implemented by many countries within the first year of the COVID-19 pandemic. Despite their popularity, these measures were severely criticised for their argued effects on increasing social isolation and worsening mental wellbeing. This longitudinal study examined whether following COVID-19 physical distancing guidelines was indeed associated with worse wellbeing or whether doing so alongside others in one's close circle created social alignment that was beneficial for wellbeing. Using cross-national survey data from participants in over 100 countries, we assessed associations among wellbeing, self-reported compliance with guidelines (self and close circle's compliance), vulnerability to COVID-19 and stringency of governmental measures.

Linear-mixed effects models revealed certain demographic factors as increasing the risk of poorer wellbeing (i.e., being a woman, being a young adult, having lower educational level, living alone and being highly vulnerable to the disease). Following the guidelines had a positive association with wellbeing at all time-points, and longitudinally. Further analyses revealed that wellbeing benefits of following guidelines likely come from social alignment rather than from incurring increased protection from the disease as a result of engaging in physical distancing. These findings point to how bringing people together and establishing behavioural unity during crisis times can create resilience and better mental wellbeing.

Maev
Conneely

Social identities are not all created equal: Testing how social identity is associated with quality of life in people with psychosis

Social factors, including how isolated someone is, play an important role in influencing outcomes in psychosis. Based on research into the social determinants of outcomes in psychosis, efforts to improve service users' quality of life have focused on expanding their social networks. However, beyond knowing that social isolation is common and a problem, we do not know how the features of the social worlds of people with psychosis relate to their quality of life. The social identity approach (SIA) to health provides us with a theoretically based and operationalisable way to represent and quantify people's social worlds. Research under this banner has demonstrated the health and well-being benefits of having numerous, positively valued social identities across many diagnostic groups and contexts. Initial results of a large-scale survey in people with psychosis (N=200) indicate that the number of positive

identities people have, and not the total number of identities they have, is associated with better quality of life. Exploring how different factors affect this association, including the compatibility of identities, social interaction and symptom level indicates a complex picture: expanding networks by adding any social group may not necessarily have a positive impact on quality of life. Particularities of social identification in the context of severe mental illness will be explored alongside implications for clinical practice.

Lusine
Grigoryan

The “Social Cure” revisited: Relational mobility as a boundary condition

A growing body of evidence suggests that membership in multiple social groups is beneficial for individuals' mental health. We test the relationship between multiple group membership (MGM) and depression in a large sample from 29 cultural groups (N = 5174). We hypothesize that MGM negatively predicts depression only if people have the freedom to choose their membership groups, i.e., in contexts with high relational mobility. MGM predicted lower depression (95%CI [-.07, -.04]), and this effect was mediated by social support (95%CI [-.06, -.05]), replicating earlier findings. Group-level relational mobility moderated the MGM-depression link: MGM did not predict lower depression when relational mobility was low. A moderated mediation analysis showed that this effect was not driven by individuals in low relational mobility contexts receiving less support: in fact, the MGM - social support link was stronger in these contexts. Instead, it was driven by the lower effectiveness of this support in reducing depression. This study contributes to the growing literature on the benefits of social groups for mental health and shows that these benefits can be reaped only when individuals are free to choose the groups they belong to.

Andrew
Livingstone

They get me: Felt understanding as a critical bridge between social identity and well-being

In this research we tested a theoretical integration of social identity and felt understanding perspectives on wellbeing. Growing evidence demonstrates the positive impact of social identities on mental and physical health and wellbeing. Separately, research has established felt understanding as a key contributor to wellbeing. The main proposition we tested is that felt understanding is the primary psychological process through which a sense of shared social identity with others protects wellbeing. Data from an initial survey of UK postgraduate students (N = 633) support this model: social identity variables predicted wellbeing outcomes such as depression, anxiety, self-esteem, and loneliness indirectly through

felt understanding. An alternative mediating pathway from social identity via social support - a key aspect of social identity work on wellbeing - was non-significant with felt understanding in the model. Further tests of the model using data from employees in China (N = 320) and two pre-registered samples of UK undergraduates (Ns = 161 & 124) closely replicated this pattern. Data from a 5th sample (N = 245) also provide evidence that felt understanding predicts wellbeing outcomes when adjusting for other mediators (personal control; meaning and purpose; social support) suggested by the social identity approach. We consider future research possibilities and implications for how social identities relate to felt understanding and wellbeing.

John Drury

Survivors' experiences of informal social support in coping and recovering among survivors of the 2017 Manchester Arena bombing

Much of the psychosocial care people receive after major incidents and disasters is informal and is provided by families, friends, and informal support groups. Terrorist attacks have increased in recent years. Therefore, there is a need to better understand and facilitate the informal social support given to survivors. Semi-structured interviews were carried out with a purposive sample of 18 physically non-injured survivors of the Manchester Arena bombing registered at the NHS Manchester Resilience Hub. Participants often felt constrained from sharing their feelings with friends and families who were perceived as unable to understand their experiences. They described a variety of forms of helpful informal social support, including social validation which was a feature of support provided by others based on shared experience. While a minority were concerned that support groups based on shared experience might dwell too much on distress, for other interviewees being part of such groups was a springboard to personal growth. We recommend that those people who respond to survivors' psychosocial and mental health care needs after emergencies and major incidents should resource support groups and more generally facilitate connectedness between survivors.

Juliet
Wakefield

Brothers and sisters in arms: Military support during the transition to veterancy predicts veteran wellbeing via social identity processes

Like all life transitions, becoming a military veteran can involve psychological challenges. A reason for this is that it involves identity change: one's serviceperson identity is left behind, and a new veteran identity is adopted. This process can be difficult, especially if the

serviceperson identity has met one's psychological needs (e.g., provided a sense of meaning, self-esteem, and control) for many years. It is thus unsurprising that veterans often feel lonely and disconnected. Within social psychology, the Social Identity Model of identity Change (SIMIC) has been developed and used to understand the processes underpinning life transitions, as well as how these processes may be harnessed in order to enhance wellbeing post-transition. The core of the SIMIC is that belonging to multiple social groups buffers the psychological stress of transition. However, the SIMIC has not yet been applied to veterancy. To remedy this, we asked UK-based veterans (N = 158) to complete a longitudinal survey. Supporting and extending SIMIC theorising, we found that the support participants reported receiving from the military during their veterancy transition positively predicted their joining of new groups after the transition. In turn, this joining of new groups positively predicted key psychological needs (sense of purpose, self-esteem, and control), which in turn predicted increased life satisfaction, reduced loneliness, and reduced depressive symptomology. These findings highlight the need for transitioning servicepeople to be supported in planning for the social side of veterancy, allowing them to understand and harness the key role played by group memberships in facilitating wellbeing.

10:50 Alysia
Robertson

Aspirational leaders help us change: Ingroup prototypicality enables effective group therapy leadership

A key proposition of the identity leadership approach is that leaders are effective to the extent that they are ingroup prototypical (i.e., represent the identity of the group they seek to lead). However, debate surrounds whether leaders are more effective when they represent the group's current identity ("who we are") or aspired identity ("who we want to be"). In this study, we investigated which of these forms of prototypicality was a stronger predictor of positive outcomes in a group therapy context. More broadly, this was the first empirical study to examine identity leadership processes in group therapy and sought to increase understanding of how clinicians can enhance their effectiveness by engaging with group processes. Participants were 112 women at risk of developing eating disorders who attended a four-week body acceptance group therapy program. Results indicated that leaders were more effective (i.e., group approval of dieting decreased more rapidly) when they represented the group's aspired identity (i.e., when participants thought their leaders

dieted and disliked their bodies less than their fellow group members) than when they represented the group's current identity (i.e., when participants perceived that their leaders dieted and disliked their bodies as much as group members). Implications will be discussed with a focus on how group therapy leaders might increase their effectiveness by demonstrating how they represent their group's aspired identity.

Gabriël
Cantaert

Interprofessional identity in health and social care: Analysis and synthesis of the existing assumptions and conceptions in the literature

Major changes in populations' needs warrant an integration of health and social care delivery through interprofessional collaboration. However, collaboration may be hampered due to the self-categorization within a distinct professional group leading to profession-centrism, in which professionals hold firm beliefs in the value of their own ideas and practices while devaluing those of others. Developing an interprofessional identity (IPI) could reduce profession-centrism, but different conceptualizations in the literature hinder the interpretation and translation of research findings. Therefore, a concept analysis and critical interpretative synthesis of research articles were carried out to explore these conceptualizations. Independent screening and analysis of 39 out of 1.334 articles by two researchers led to the defining of essential attributes that refer to both IPI's structural properties and the core beliefs indicative of an interprofessional orientation. On the basis of these attributes, a synthesizing argument was created, supplemented with illustrative vignettes and empirical referents. As IPI is likely to be the missing link between professional development and interprofessional collaboration, this synthesis is important as a guiding framework presenting what constitutes IPI, as well as the boundary conditions (antecedents) and consequences (outcomes) of its construction. Further empirical research is needed to validate links and mediating and moderating variables.

Amelia
Dennis

Identity-based social support predicts better mental and physical health outcomes during COVID-19

During the COVID-19 pandemic, the UK implemented physical distancing measures to minimise viral transmission, which may have adversely impacted health and wellbeing. Evidence suggests that social support may be key to mitigating against adverse health impacts of such measures, particularly when such social support is identity-based. In this longitudinal study, we examined

the role of social identity and perceived social support in mental and physical health outcomes during the COVID-19 pandemic. Participants completed a survey at 4 time points during the first year of the pandemic: May/June 2020 (T1; N=443); September/October 2020 (T2; N=235); December 2020/January 2021 (T3; N=243); and April 2021 (T4; N=206). Results showed that at each time point, social support was predicted by identification with multiple groups before COVID-19, identity continuity, and identification with communities. Higher identity continuity and identification with communities both predicted greater mental and physical health at the same time point, mediated by perceived social support. Moreover, higher identity continuity and identification with communities predicted higher social support at the same time point, in turn predicting greater mental and physical health at the subsequent time point. Our findings demonstrate the role of identity-based social support in improving mental and physical health during the pandemic.

Daniel
Griffiths

A social curse? An exploration into MSM attitudes and behaviours to pre-exposure prophylaxis (PrEP) usage.

Pre-exposure prophylaxis (PrEP) medication is an effective tool in preventing HIV transmission, and is predominantly used by gay men, bisexual men, and men that have sex with men (gbMSM). However, PrEP use is reported to carry stigma which could limit uptake. Using the Social Identity Approach, this study explored how attitudes to PrEP may be underpinned by group processes. Twenty-one interviews were conducted and analysed using theoretically guided thematic analysis. Four themes were identified: “gbMSM Sexual Risk-taking Norms”, “Attitudes to PrEP Users”, “Meta-perceptions of a PrEP User Identity” and “Perceptions of Service User Interactions”. This study builds upon previous explorations of PrEP stigma and highlights a requirement for further education on PrEP. Moreover, the study deepens understanding of gbMSM attitudes to PrEP and how these may be underpinned by complex interactions between Social Cure and Social Curse processes.

Jessica L.
Donaldson

Multiple group memberships protect against social anxiety during lockdown via cognitive pathways

For people with current or remitted social anxiety, continued exposure to feared situations reduces their anxiety or maintains their recovery, respectively. As a result, the COVID-19 pandemic has the potential to exacerbate social anxiety symptoms due to a prolonged and often enforced reduction in people’s exposure to social situations (e.g., during lockdowns). This three-

wave longitudinal study (N = 212) explored factors that are protective against social anxiety in a COVID-19 context, particularly the capacity for participants' multiple group memberships to act as a buffer against anticipatory anxiety for, and avoidance of, social situations, as well as reducing subsequent social anxiety symptoms. As hypothesised, participants' pre-pandemic multiple group memberships protected against anticipatory anxiety and avoidance at Waves 1 and 2; these were retrospectively recalled at Wave 1 (called Wave 1 - retrospective [W1-R] throughout). After controlling for pre-pandemic (W1-R) multiple group memberships, participants' Wave 2 multiple group memberships predicted lower Wave 2 anticipatory anxiety and avoidance. Participants' capacity to maintain group memberships also predicted lower Wave 3 social anxiety via reduced Wave 2 anticipatory anxiety. These findings are discussed with a particular focus on how social-psychological theorising and cognitive behavioural models of social anxiety can be fruitfully integrated. Social group memberships and biomarkers of health

Grace
McMahon

The benefits of group membership for self-reported measures of health are well documented, however, the processes by which they can influence biological health outcomes via cardiovascular and neuroendocrine responses to stress are less understood. In the present study, we aim to address this gap by examining if belonging to a social group affects cardiovascular (systolic and diastolic blood pressure, and heart rate) and cortisol reactivity to stress. Using secondary data from the Pittsburgh Cold Study (PCS3), 213 healthy adults (123 men, 90 women; Mage = 30.13, SD = 10.85) underwent a standardised laboratory stress-testing session. During the 2.25hr session, participants completed psychometric measures including the Social Network Index (Cohen et al., 1997) while biological measurements were assessed non-invasively using the Critikon Dynamap Monitor. Results showed that participants who belonged to a social group demonstrated enhanced patterns of cardiovascular adaption (i.e., peak responding at initial stress exposure, then gradual decline). Pre-exposure prophylaxis (PrEP) medication is an effective tool in preventing HIV transmission, and is predominantly used by gay men, bisexual men, and men that have sex with men (gbMSM). However, PrEP use is reported to carry stigma which could limit uptake. Using the Social Identity Approach, this study explored how attitudes to PrEP may be underpinned by group processes. Twenty-one interviews were conducted and analysed using theoretically guided thematic analysis. Four themes were identified: "gbMSM Sexual Risk-taking Norms", "Attitudes to PrEP Users", "Meta-perceptions of a PrEP User Identity" and "Perceptions of Service User Interactions". This study

builds upon previous explorations of PrEP stigma and highlights a requirement for further education on PrEP. Moreover, the study deepens understanding of gbMSM attitudes to PrEP and how these may be underpinned by complex interactions between Social Cure and Social Curse processes.

Martha
Newson

Life history strategies and well-being among UK ravers

We used an evolutionary Life History Framework to better understand attendance of, behavior at, and subsequent wellbeing following mass events where chances of infection were high during the COVID-19 pandemic; illegal 'raves'. During periods of the COVID-19 lockdown in the UK, 42 % of participants reported still attending underground raves (n = 506). 'Ravers', in general, conformed to household mixing lockdown rules significantly better than over 80 year olds in the general population who had received a single dose of the vaccine. Ravers reporting faster life history strategies (reduced future orientation), broke more lockdown rules at these events. Those with slower life history strategies (increased future orientation) reported the greatest improvements to their wellbeing following lockdown raves. An evolutionary life history framework can be used to target campaigns encouraging norm compliance toward populations who are most likely to break important health guidelines.

Rosario Brito
da Cunha

The influence of in-school social relationships on school professionals' and pupils' well-being: Perspectives of school staff in Portugal and the UK

Mental health (MH) and wellbeing in schools remain a contemporary international concern. The Multi-Tiered System of Supports model (MTSS) is a leading model of school-based MH and wellbeing interventions, which is based on universal screening power for early identification of MH needs and wellbeing promotion. School-based universal screening should be quick and effective during the data collection and analysis process. Therefore, it is pertinent to choose the most important wellbeing indicators to be collected. The following study aimed to understand the perspective of key school agents about what the key MH and wellbeing priorities for pupils' (12 to 15 years old) are and for school professionals to inform wellbeing screening processes. Qualitative data were collected in two secondary state schools: one in Portugal, and another in the UK. A total of 14 individual interviews were collected, nine in Portugal and five in the UK, from different professionals. This focus talk will present the initial results of a thematic analysis of these individual interviews,

particularly focusing on data highlighting the relevance of social relatedness to wellbeing of school staff and pupils, both positive or negative: pupil-pupil relationships (e.g., lack of integration in the classroom, bullying), pupil-teacher/non-teaching staff relationships (e.g., positive relationships of trust influence teachers' wellbeing and job satisfaction, as well as pupils' willingness to search for help in ill-mental health situations), and school professional-school professional relationships (e.g., experiences of support from colleagues and leadership have positive for staff's wellbeing at work; experiences of conflict with hierarchy has negative factor).

Tempany
Morgan

COVID-19's impact on social identification processes during social prescribing

Social prescriptions that facilitate social identification are considered to provide the optimum health and wellbeing benefits. During COVID-19, capacity to provide these social prescriptions was hindered by pandemic guidelines, such as social distancing, temporary closure of community resources, and remote social interactions. For the digitally excluded who could not socially connect remotely, loneliness and poor wellbeing increased over the pandemic. If social identity underpins successful social prescribing, it is important to understand how social identity processes were impacted during the pandemic. This study investigates the impact COVID-19 had on social prescribing and the social identification processes conducive to successful social prescribing. Ten Link Workers, seven group leaders and four service-users (n = 21) were interviewed and analysed using a multi-perspective thematic analysis. Preliminary analysis suggests two main themes: "Social-lies: Crisis prescribing in a remote world", and "Closed for business: Community groups adapt to survive". Link Workers began providing crisis care during COVID-19, whilst community groups focused their support on existing members, as requirements for remote social interactions persisted. This meant there was reduced opportunities to facilitate and maintain social identity. Face-to-face interactions appear to be ideal for facilitating social identification and experiencing optimum health and wellbeing benefits.

11:20

Katherine
Reynolds

Changing futures through social identity in schools: New longitudinal evidence from Australian high schools

Schools are an important environment to build positive futures for young people. Furthermore, schools can be characterised as intergroup systems where based on social identity processes it is through strengthening

school climate and school identification (psychological connection and belonging to the school) that it becomes possible to change behaviour (Reynolds & Branscombe, 2015). In this presentation this social identity change model is explored using a three year longitudinal study (Year 1 n = 6246; Year 2 n = 4706; Year 3, n = 6537). Results show that school identification is an important mechanism in shaping student positive and negative mental health (i.e., positive affect, generalised anxiety, depression and challenging behaviour). Theoretical and practical implications will be discussed.

11:40 Darel Cookson

Social norms, identification and belief in conspiracy theories

Conspiracy beliefs can lead to negative consequences for individuals and society. Therefore, it is important to understand what can motivate these beliefs. As conspiracy theories are very visible, particularly online, this visibility and exposure could increase not only personal belief, but also the consensus that other people endorse them also, fuelling a false consensus that conspiracy endorsement is more typical than it actually is. This research empirically tests an online social norms-based intervention to address anti-vaccine conspiracy beliefs. Firstly, it was found that perceived norms of in-group conspiracy beliefs are strongly related to personal conspiracy beliefs; demonstrated in a student sample (Study 1), in a community sample (Study 2), and specific to anti-vaccine conspiracy beliefs in a UK parent sample (Study 3), and it was found that individuals overestimated the belief of others in conspiracy theories. This indicated that anti-vaccine conspiracy beliefs could be addressed using a Social Norms Approach (SNA) intervention, where normative feedback is used to challenge these misperceptions and potentially reduce conspiracy beliefs and increase vaccination intentions. Study 4 tested a SNA intervention with 202 UK parents of young children. Parents in the intervention showed significantly reduced personal belief in anti-vaccine conspiracy theories at immediate post-test and mediation analysis showed that the normative feedback increased perceptions of other parents' vaccination intentions, which in turn increased personal vaccination intentions. This research demonstrates the strong relationship between perceived norms of conspiracy beliefs and personal beliefs and the potential of the SNA to address these beliefs.

Miriam Koschate-Reis

Parent identity development during pregnancy for mothers with and without perinatal mental health difficulties

A growing body of research shows that membership in multiple groups supports mental health and wellbeing.

However, little is known about how the development of a new identity, such as a parent identity during pregnancy, affects mental health outcomes. Using a classification model that can detect a parent identity from linguistic style, we trace the development of a parent identity over the course of pregnancy and 12 weeks after birth in online forum posts of first-time mothers. In Study 1 (n = 500,000 posts from n = 12,000 users), we train and validate a classifier from 49 LIWC stylistic features that provides a measure of the extent to which a parent identity is salient. In Study 2, we use n = 35,200 posts from 55 first-time mothers who report symptoms of perinatal depression (PND) and 271 first-time mothers who do not mention PND in their online forum posts. Multilevel modelling shows a significant difference in how a parent identity develops over time in mothers with PND symptoms versus mothers who do not report such symptoms, specifically over the second trimester of pregnancy and after giving birth. Future work will concentrate on identifying factors that facilitate and those that undermine parent identity development.

12:00	Roundtable Event	Keeping people connected: An essential element in national health systems
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13:40	Zyra Evangelista	<p>Modern anti-LGBT+ prejudice and social identity belonging in higher education: How do we create more inclusive campus climates for LGBT+ students?</p> <p>The outcomes disparity between LGBT+ and cis-heterosexual students led to the growth of campus climate research in the USA. Social Identity Theory provides a framework for understanding the outcomes disparity between minority and majority groups. A mixed-method, cross-cultural comparative campus climate study sampled from a highly conservative setting (Philippines) and a more progressive setting (UK) was conducted to provide a holistic and intersectional picture of the current climate for LGBT+ students in higher education (HE). Results of quantitative cross-cultural comparisons among LGBT+ students' (N = 469 [UK], 408 [PH]) and cis-heterosexual students' (N = 960 [UK], 1,147 [PH]) campus climate perceptions, experiences of harassment, social identity belonging, life satisfaction, and overall well-being reveal more negative campus climate outcomes for LGBT+ students in UK and Philippine HEIs. Thematic analysis of focus groups and interviews with LGBT+ students (N = 18 [UK], 18 [PH]) reiterate the prevalence of modern anti-LGBT+ prejudice in HE and suggest how social identity belonging through LGBT+ student groups and staff representation plays a key role in supporting LGBT+ students cope with negative campus climates.</p>
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Thus, fostering social identity belonging by increasing institutional support for intersectional LGBT+ student organisations, LGBT+ sensitivity training, and LGBT-inclusive policies and curriculum are recommended for improving campus climates for LGBT+ students.

Fabio Sani

A void that cannot be filled: Sense of emptiness and social identifications

Feelings of emptiness are experienced by people suffering from a range of mental health conditions and tend to be particularly persistent over time. However, sense of emptiness is under-researched and poorly understood. We present the results of a cross-national and mixed-method research programme investigating the lived experience of emptiness and its link with social identifications. Findings from our qualitative studies reveal that emptiness is an existential feeling concerning the ways in which one experiences self, others, and the world. Specifically, it is a feeling that one is going through life mechanically, without emotions and purpose, together with a sense of an inner void that cannot be filled. This is coupled with feelings that one is disconnected from others, in some way invisible to others, and unable to contribute to a world from which one is distant and detached. Findings from our quantitative studies show that emptiness - as measured with the Sense of Emptiness (SOE) scale, a new instrument derived from our qualitative results - has a substantial negative association with multiple group identifications. We therefore argue that sense of emptiness can be legitimately seen as the polar opposite of a subjective feeling of identification with groups and networks. Social identifications ground people to reality and foster people's vitality and sense of being connected. Failure to identify with groups will inevitably leave one empty and lost.

14:20

Laura Ferris

Understanding risk and protective factors at a youth mass gathering

Schoolies is the collective name for celebrations at which 17 and 18 year old Australians gather to mark the end of secondary school. Together, they represent the largest youth mass gathering in Australia, with an estimated 60,000 (36%) of school leavers attending each year. Schoolies celebrations present significant challenges for police, health services, and other service providers; and involve risks to public safety and property for attendees and local communities. In this talk I will summarise key highlights from a five-year research programme in which the social identity approach has been applied to aid our understanding of this mass gathering. Extending beyond

operational data, the project has assessed attendees' wellbeing, social identification with friends and other attendees, and perceptions of police and other services in multiple Schoolies cohorts. Findings from in situ and online surveys (4 studies, N = 2,260) show wellbeing at Schoolies is increasing, with the number of young people in psychological distress decreasing over time. Social identification with friends and other Schoolies is high and stable across cohorts. Perceptions of police are changing whereby they are seen as increasingly safe and less threatening by youth attending the celebrations. The research responds to the urgent need to advance understanding of mass gatherings, and supports the development of evidence-based solutions for local partners that regulate and service this complex event.

Tarli Young

Groups 4 Education: Using social identity theory to improve learning outcomes

GROUPS 4 EDUCATION is a social identity informed program designed for students, and has been successfully trialled at three universities (N = 1102). It is designed to improve well-being and learning by engaging with students to increase their sense of belonging and connectedness.

Eerika Finell

Physical environment, joint identification, and mental health

Banal environmental threats such as poor indoor environmental quality (IEQ) are typically slow-moving and invisible, and their health effects are usually contested. Although poor IEQ is associated e.g. with asthma, people suffering from it frequently report also from etiologically contested or medically unexplained symptoms. This contested nature can make it difficult to get support when it is particularly needed and it may negatively affect people's health. This paper presents a study analyzing whether the combined effect of poor perceived IEQ in work and self-reported low social support from supervisors increases the risk of employees' long-term sickness absence (more than 10 days) in comparison to employees who report only poor perceived IEQ and good social support. To test this hypothesis we analysed a representative sample of the working-age population in Finland (N = 16,084) from the Finnish Quality of Work Life Surveys (FQWLS) from 1997, 2003, 2008 and 2013, combined with register-based follow-up data on employees' long-term absences covering a period of one to three years after each FQWLS was collected. The data was analysed using negative binomial modelling. We found that employees who reported poor IEQ and low social support had 1.18 (incidents rate ratios; 95% CI 1.05-1.33) higher rates of long-term absence than those

who reported poor IEQ and high support. This finding highlights the importance of social support in the context of environmental threats.

Bushra
Hassan

Associations between identity, value orientations, and well-being among emerging adults from the UK and Pakistan

Introduction: This research mainly aims to investigate the relationship between value priorities (Schwartz, 1992) identity formation (Berzonsky, 1992) and subjective well-being in a student sample comprising of emerging adults from the United Kingdom and Pakistan. The prevailing value orientations are the most central feature of culture (Hofstede, 1980). Nonetheless values represent ideals, congruence to such ideals are found to be associated with well-being, whereas, any incongruence are likely to generate tension and pressure to change. However, such associations are not yet tested on samples drawn from Pakistan and the United Kingdom. We first ought to test the direct relations between values orientations and SWB. Second, literature suggests that values are deeply embedded in the cultural context therefore a cultural level moderation will be tested to measure any invariance in proposed associations between the samples from Pakistan and the UK. Moreover, a mediating role of identity formation shall be explored between value priorities and resultant well-being.

Method: Our sample comprised of 479 students (286 females [60%], 192 males [40%], from Pakistan and 451 students (387 females [85%], 64 males [15%]). Their age ranged from 18-25 ($M=21.5$, $SD=1.85$). We hypothesized that culture will moderate the relationship between well-being and value priorities whilst subjective wellbeing will be positively associated with values of openness to change and self-enhancement in the sample from UK. As the culture of the English-speaking region is especially high on affective autonomy and mastery and low in harmony and embeddedness (Schwartz, 2006). In comparison to this subjective wellbeing will be positively associated with values of conservation and self-transcendence in the sample from Pakistan due to their cultural emphasis on obedience and embeddedness.

Results: Our preliminary analysis suggests that achievement, self-direction, tradition, conformity values correlated.

15:00

Lisa Skilton

Social identity salience and perceived risk of harassment and violence when exercising outside

When a social identity is salient, that social identity becomes the frame for how we perceive the world. The importance of social identity salience has been shown in a variety of areas, including stereotype susceptibility and threat perception but there is little research that has examined how it affects perceived risk. This 2x2 between subjects' experimental study aims to investigate if social identity salience affects perceived risk of harassment and violence when exercising outside, and if there is an interaction effect depending on what social identity is salient (gender or park runner) and the participant's gender. The social identity salience manipulation is based on two Levine papers (1996; 1999), where participants are instructed that we are not interested in them as individuals but as a specified social group; a comparison group being researched was also included. Indirect measures of perceived risk of violence and harassment are used to avoid making gender-based violence salient. The dependent variables are as follows: the perceived sense of safety and likelihood of exercising outside under different conditions, and levels of personal safety anxiety and vigilance. Data collection is currently ongoing and being conducted via an online survey platform. Participants are being recruited from a local Parkrun. The findings from this study will be discussed in relation to theoretical implications in social identity literature and could inform interventions.

Louisa Peters The role of community arts as a transformative activity to enable the identity recovery process from serious mental illness: A realist review

Background: Community group interventions are effective in enabling identity change, which is an established recovery process from serious mental illness. However, with such a wide variety of groups and activities, it can be difficult to establish what works and for whom.

Aim: This research aimed to generate theory to explain how, why, and in what context community-based arts interventions enable the identity change recovery process from SMI.

Method: A realist literature review was conducted between January - September 2021, with 22 articles and reports reviewed and synthesised to develop theory.

Findings: A safe and empowering context is essential for participants to engage with an intervention. Analysis revealed three key mechanisms of change that enables transformative learning: connecting to others, overcoming personal challenges, and learning to cope with illness. Creative arts activities enhance these processes by providing shared experiences, skill

development and a tool for self-expression (respectively). Self-awareness developed through these mechanisms of change allows participants to redefine their identity beyond SMI.

Conclusion: Transformative activities can enhance the identity change process within community group interventions, with creative arts particularly effective within SMI recovery.

Siobhán
Griffin

Group memberships and posttraumatic growth following an acquired brain injury: A prospective study

Predicting positive psychosocial outcomes following an Acquired Brain Injury (ABI) remains a challenge. Considerable research demonstrates that social group memberships can have positive effects on psychological well-being, particularly during life transitions. Social group memberships are argued to help people derive a sense of self. This prospective study examined if social group memberships (number of groups and connectedness with groups) could predict posttraumatic growth (PTG) in those affected by ABI. Thirty-six participants (10 females, Mage = 46.56, SD = 11.46) engaged in community rehabilitation services completed measures at two time-points. Mediation analyses demonstrated that the number of new group memberships (groups formed post-injury) predicted greater PTG at time 2, via stronger connectedness with these new group memberships (controlling for initial PTG). The observed results suggest that a focus on developing and strengthening connections with new group memberships may promote positive adjustment after brain injury.

Neela
Mühlemann

Retirement - a major identity change for firefighters

A mixed-method project investigated firefighters' social identity change and adjustment to retirement. Findings from 22 semi-structured interviews and a two-wave longitudinal online survey with 313 retired firefighters demonstrate the importance of maintaining, gaining and restoring group identities as they adjust to this new stage of life. Taken together, the project provides a better understanding of how firefighters can manage the transition to retirement to promote their well-being and prevent ill-health in retirement.

Xinran Du

Felt understanding as a bridge between social identity and well-being among university students

Mental health and wellbeing difficulties among university students have been recognised as a crisis. We examine social determinants of wellbeing, testing whether felt

understanding (the belief that others understand oneself) is an important process through which social identities (our subjective sense of group memberships) predict better wellbeing. Data from 157 university students show that felt understanding did mediate the positive association between social identity and wellbeing, even when adjusting for social support perceptions. To extend this further, we include a novel analysis by testing life meaning (how much we feel our lives have meaning) and personal control (perceived ability to alter events and achieve desired outcomes) as mediators alongside felt understanding and social support. The result shows that life meaning and personal control are also effective mediators in the relationship between social identity and wellbeing. Additionally, we find felt understanding consistently predicts different wellbeing outcomes when controlling the other three mediators.

Joanna Roszak

Importance of social identity: Who we are (now) may determine how we judge others

One of the social identity perspective's premises is that our currently salient identity (personal vs. social) may affect how we perceive ourselves and others, while a number of studies indicate a less favorable perception of outgroup members when our social identity is activated. The paper presents two studies in which we explored how functioning within either of the two types of identity may affect the interpersonal evaluation of a migrant (Study 1, $n = 100$, Shukurbekova, 2020) and a non-gender stereotypical person (Study 2, $n = 742$, Roszak, 2010). In Study 1 we experimentally manipulated our participants' identities to test their interpersonal attitudes (agency, communion, respect, liking; Wojciszke, Abele, & Baryla, 2009) towards a migrant person. Study 2 tested if one's gender stereotypicality and egalitarianism of male and female participants would predict their perceptions of a gender-stereotypical vs. non-stereotypical male or female target. A shorter version of the interpersonal attitudes measure by Wojciszke et al. was used. Study 1 found no significant differences, while attitudes towards a migrant target were largely positive. Study 2 found that participants' gender-egalitarian attitudes and their diversion from traditional gender stereotypes may lead to a more favorable perception of a non-gender stereotypical person, just as long as participants' own egalitarianism is not challenged by the reality of their life circumstances.

Iva Kapović

Shared social identity during the pandemic in Croatia: A three-wave longitudinal study

During various emergencies, people's sense of belonging to the group members exposed to the same event may

change. That sense of shared social identity is often related to mutual support, help, solidarity, and well-being. Research so far has stressed the importance of shared identity in the context of COVID-19 crisis. Because this crisis was mostly managed on a national level, in this study we focus on shared national identity as one of the possible salient social identities. National actors and leaders are important for managing the crisis and promoting compliance with protective measures. Hence, greater trust in those actors seems to be associated with a greater sense of shared identity. Even though different authors have suggested that shared identity can persist and even increase during the crisis, longitudinal research on this topic is still scarce. Therefore, using three-wave panel data on a national probabilistic sample of adult Croatian citizens (N = 867), we explore the changes in shared identity, solidarity with others, life satisfaction, and institutional trust during one year of the pandemic, as well as interrelations between shared identity and aforementioned variables. While results suggest that there was a significant increase in shared identity, there was also a significant decrease in solidarity and institutional trust as pandemic progressed, as well as no changes in life satisfaction. Trajectories of those changes and their interrelations will be discussed.

Elizabeth
Quinn

The association between group arts interventions and depression among older adults: A meta-analysis

Ageing is a growing concern in many countries. Unfortunately getting older is associated with the loss of social connections, which can have a negative impact on people's mental health and well-being. One solution to improve social connections, and thereby mental health and well-being, has been the use of group arts interventions where older adults have the opportunity to engage in shared artistic experiences (e.g. group dance class, choir, theatre club etc). However, the evidence that these interventions improve older adults' mental health and well-being is mixed. We conducted a systematic review and meta-analysis of the impact of group arts interventions on older adult's mental health and well-being to gain clarity on their overall efficacy. Evidence was sourced from several databases and 15 studies (N= 1553) were eligible. Results of the systematic review support the efficacy of arts interventions in improving well-being in older adults. However, results were mixed for anxiety and depression and the few studies that provided follow-up data suggest these interventions may not have long term impact. Results of the meta-analysis suggest that arts interventions reduced depressive symptoms with a small to moderate effect size ($d=.33$). However, the effect size was larger for

older adults in care-homes ($d=.45$). While these interventions improve mental health initially, brief arts interventions may not provide long term solutions for older adults' mental health and well-being.

15:30 Jessica Morton

From social participation clusters to perceived and objective health: Modelisation of this relationship

Although the literature supports the positive link between (a) social participation (SoP) and (b) psychological well-being, perceived health, and objective health indicators, it is still unclear how this relationship works. Affiliates (N = 4988) of the Belgian Christian Mutuality reported their SoP and consented that their annual health care data (number of medical appointments and medicine) would be examined in relation to their responses concerning (a) perceived social integration (social fusion, social support, loneliness), (b) psychological well-being (sense of meaning, happiness), and (c) perceived health. This study is composed of three distinct and consecutive sets of analyses: a) clustering to identify profiles of SoP, b) comparisons to identify relevant psychosocial processes, and c) modelling to link SoP to health. Multivariate analyses identified five clusters of participation in social activities during leisure time: (1) no SoP, (2) passive SoP, and three levels (3a) low, (3b) average, and (3c) highly active SoP involving social engagement. Comparisons confirmed the strong positive association between (a) level of SoP, (b) perceived social integration, and (c) psychological well-being and (d) perceived health. Using SEM, the comparison of three models supported the simplest model, excluding meaning, perceived social support and loneliness. These findings fit Durkheim's (1898) classic view that emotions mediate the link between SoP and health.

15:50 Avelie Stuart

If you can't get your foot in the door, you won't experience the social cure

Why are some lonely and isolated people reluctant to join groups? Are they missing out on the associated wellbeing effects of group belonging, known as the 'social cure'? In this talk I examine barriers to group belonging identified in an interview study with middle aged to older people (N=11), which highlights several different ways people can form identities with groups. For example, some people described themselves as "worker bees" - not interested in socialising in groups, but rather in collaborative achievement and recognition; others self-described as "caged tigers" who need an unconstrained environment that enables social interaction at arm's length. Social prescribing should

therefore adhere to the different ways that people can form identities and relationships with groups, paying attention to the interplay between group purpose and activities, and the extent of face-to-face socialising that groups entail. Counter-intuitively, encouraging closer contact with others may prevent social cure effects from being realised. Instead, the emphasis should be on identity expression and fit.

Janelle
Jones

The art of well-being: Remote arts participation promotes well-being via identification and connection

We examined the impacts of Entelechy Arts' remote arts programmes, Staying Connected, for older adults during the coronavirus pandemic. Study 1 was a longitudinal quantitative survey of older adults (n=12) involved in the programmes (e.g., weekly phone clusters). Participants completed questionnaires at two time points, 6 months apart, which assessed age identification and well-being outcomes (i.e., psychological well-being, satisfaction with life, vitality, happiness, positive affect). Linear multi-level modelling revealed that within-person increases in age identification over time were associated with increases in well-being outcomes over time. Study 2 was a cross-sectional qualitative investigation comprised of three focus groups of older adults (n=10). Participants described the activities they took part in and their perceived social, health, and well-being impacts. Thematic analysis identified four main themes: Creative Engagement (i.e., enjoyment of the range of artistic activities, how activities piqued interest and creativity), Well-being (i.e., the anticipation, energisation, and positive affect associated with creative engagement), Social Connection (i.e., shared creative engagement led to connection, perspective-taking, and the expansion of social horizons), and Practicalities of Remote Engagement (e.g., improved accessibility versus social deficits). We discuss how arts interventions can enhance identification and connection in key ways to promote well-being.

Evanthia
Malinaki

Exploring correlations among perceived socioeconomic status, health disparities, and health literacy in two low SES groups within Greek society

One's limited resources (i.e. social and economic) may lead to health disparities as people are excluded from health information. Despite recent policies which aim to reduce and/or eliminate health-related disparities, there is mounting evidence of existing and thus increasing population-level gaps in health literacy; the capacity to obtain, process, and understand health information. A strong relationship between socioeconomic status (SES),

health disparities, and health literacy has been observed for decades and in many countries. In this study our goal is to explore the relationships among these variables among two low SES groups within the Greek population. Pensioners and retirees aged 50-79 years old (N=93) and young unemployed aged 18-43 years old (N=146). They completed a self-administered online questionnaire which included measures on demographic data, health-related disparities, (objective and subjective) socioeconomic and health status, perceived deprivation, health and digital health literacy. Results showed several strong significant correlations between different types of subjective SES and perceived disparity, between subjective SES and health literacy, and between subjective SES and digital health literacy. Interestingly, some gender moderated many of the correlations. Results are discussed in the terms of social identity theory and relative deprivation theory.

16:20	Ilka Gleibs	Religious identity in the workplace - how multiple identities influence well-being and work engagement
		<p>Is religious identity different from other social identities and what dynamics does it create in the workplace? Based on a systematic literature review that addressed this issue, we found that key variables in the negotiation of religious and occupational identities at work included personal preferences, value-fit between religious identity and job-related concerns as well as the organization's policies, practices and role expectations (Heliot, Gleibs et al., 2019). Based on this theoretical work, in Study 1, we report empirical evidence from 51 qualitative interviews with workers from different professions (e.g., bankers, teachers, health-care professionals) on the continuous shift between religious and occupational identities and its consequences on an individual, interpersonal and organizational level. In a second, quantitative study, we further focus on the overlap of religious and occupational identity content to predict well-being and work engagement amongst Christian employees in the U.K. From these findings, we develop broader implications of managing identity dynamics in the workplace and how they impact well-being and offer recommendations for practice.</p>
16:40	Silvia Filippi	Exploring the link between organisational self-management and organisational identification
		<p>A sense of social identity is a key factor in enhancing organisational well-being. Despite a substantial body of work on the subject, little is known about how new organisational structures, such as Self-Managing Organizations (SMOs), affect organisational identification. SMOs are defined as organisations with</p>

radically decentralised power, in which the majority of supervisor-subordinate relationships are eliminated and all employees have the authority (and responsibility) to make crucial decisions. To test the link between self-management and identity, we developed a scale assessing the degree to which employees perceive that their organization adopts self-management processes and then studied the relationship between self-management and organizational identification. In Study 1, we used an inductive approach to identify a list of specific characteristics of SMOs through focus group interviews with experts (N=7). Based on these results, we developed a first version of the scale and found a positive relationship between self-management and organizational identification (Study 2, N = 500). In Study 3 (N = 500) we replicate results in Study 2, testing a shorter version of the Self-Managing Organization Scale. Implications for organisational well-being and productivity are further discussed.

Kasia Banas

Where do I belong? How a sense of identity with vet school and university impacts veterinary student well-being

Psychological wellbeing among both veterinary students and professionals is relatively poor, and it is therefore important to identify protective mechanisms that could be developed during veterinary education. We explored whether the wellbeing of Vet School students is associated with social identification - the feeling of being connected to other students in the School.

A single cohort of Vet School students was surveyed in their first year upon entry to the programme, in their second year after some time to adapt, and in their third year during Covid-19 restrictions. At each timepoint, the survey included questions about identifying with the Vet School and the wider University, and various aspects of wellbeing.

Across the three waves, identification with the Vet School was very high (6 on a 7-point scale), and significantly higher than identification with the wider University. Identification with the Vet School was significantly associated with higher levels of thriving and less depression. Analysis of the most recent survey is ongoing, but early results indicate that students who maintained a high level of identification were also less likely to experience depression or burnout during the Covid-19 pandemic.

Our findings suggest that there is a consistent relationship between identification and wellbeing.

Further research is needed to establish whether interventions that boost identification would also be effective for improving wellbeing in the veterinary profession.

Nik Steffens

An integrative review of meta-analyses of factors associated with burnout and work engagement

In this presentation, we report the results from an integrative review of meta-analyses of factors associated with burnout and/or work engagement. A systematic review identified 43 meta-analysis reporting the effect sizes for 495 variables that were categorised into 20 broader factors. Results reveal that only two of the factors that the literature has emphasised capture individuals' social experiences (comprising a small minority of all research output) – namely, (a) experienced social groupiness in the workplace (e.g., social identification, commitment, cohesion) and (b) received social support. Nevertheless, social factors were moderately strongly associated with reduced burnout and increased engagement. Further results indicate that social support tended to be more health-protective when the source of social support was close to work (e.g., from supervisor) rather than more distant from it (e.g., from family). Finally, social factors were at least as (if not more) impactful as feedback at work (including reward and punishment) and at least as impactful as autonomy at work (a key work design feature of engaging work). The implications for organisational and occupational health as well as directions for future work are discussed.

Louise Davidson

A social identity perspective on interoperability in the emergency services: How do emergency responders work together during multi-agency response?

Previous research shows there are persistent challenges with multi-agency emergency response, centring on problems of coordination and communication. The Social Identity Approach provides an important psychological framework for analysing relations within and between groups that can be used to understand why challenges in multi-agency response persist, and what can be done to prevent them re-occurring in the future. Recent research has introduced a social identity perspective on how emergency responders work together, through analysing the emergency response to the COVID-19 pandemic. However, because of the unique challenges the pandemic presented to responders, questions are raised around the generalisability of this research to non-COVID responses. As such, discussion-based exercises were conducted with responders from the police, fire and rescue, and ambulance services from across England to explore how responders come to see themselves as part of a group in

multi-agency response, and subsequently what impact does this then have on multi-agency working. The exercise is comprised of two scenario discussions - a flooding at a primary school, and a shooting at a restaurant on a busy high street - followed by general focus group discussion. Responders were asked to rate their level of social identification throughout, as well as their adherence to joint working protocols. Preliminary findings from this research, and any practical implications will be discussed.

Martin P.
Fladerer

Leading “us” for better health: A multilevel exploration of identity leadership and burnout

In Germany, almost 900 million work hours are lost due to mental illness each year and this number has risen by 92% since 2006. These numbers highlight the imperative for organizations to battle the adverse effects of stress at work, not least because of the associated economic costs. In the present research, building on the social identity approach to health and leadership, we investigated the role of identity leadership as means to strengthen work group members’ perception of social support and to reduce symptoms of burnout as well as the influence of other group members—than the formal leader—on this relationship. In a sample of 318 employees nested in 77 different dealerships’ or sales branches’ work groups of a large automobile and motorcycle manufacturer in Germany, we found that identity leadership is related to higher levels of perceived social support and lower levels of burnout symptoms. Mediation analysis revealed social support as mediating variable in the leadership-burnout relationship. Unexpectedly, group-level social identification did not directly influence perceptions of social support. However, it significantly moderated the relationship of identity leadership and social support but into the direction opposite to what was hypothesized. Together, the present research underlines that employees’ health stems in part from their sense of sharing a collective identity with other group members which can be actively created by the leader of the work group.

17:30 Day 1 Close Followed by drinks reception for all delegates at 18:00. Conference Dinner (optional) at 19:00 in the Old Chemistry Theatre, NTU

09:00	Mark Tarrant	<p>Social identity by design: Creating opportunities for behaviour change in group-based health interventions</p> <p>The group processes that flow from shared social identity constitute key resources structuring the effectiveness of group-based behaviour change interventions. However, to avoid the unintended outcomes that can arise when intervention groups fail to function effectively, these processes need to be proactively managed by group facilitators. In this talk, an integrative approach to the design and delivery of group-based behaviour change interventions is presented that is informed by the social identity approach to health. A worked example from a new clinical trial for people with severe obesity (the “PROGROUP” trial) illustrates the translational utility of the social identity approach and demonstrates how attending to social identity concerns at the intervention design stage can help ensure the effective delivery of behaviour change content targeting specific health goals.</p>
09:30	Caroline da Silva	<p>National identity misrecognition, psychological well-being and attitudes towards the French mainstream society</p> <p>Maghrebi-French people are often discriminated against in France. Recent work in social psychology has suggested another form of rejection that this population may also encounter: national identity misrecognition (e.g., Blackwood et al., 2015). They may not feel fully recognized as French citizens, being viewed more as members of cultural or religious groups by “native” French. Drawing on the rejection-identification (Branscombe et al., 1999) and rejection-disidentification (Jasinskaja-Lahti et al., 2009) models, we examined the effects of national identity misrecognition on psychological well-being and attitudes toward the French mainstream society among Maghrebi-French. We conducted a survey (N = 190, Study 1) and an experiment (N = 190, Study 2), in which we measured and manipulated, respectively, the feeling of national identity misrecognition (i.e., having one’s national identity denied by the mainstream). Results showed that national identity misrecognition is a concept different from other forms of rejection by the majority group (i.e., perceived discrimination) (Study 1). We also showed that feelings of misrecognition were related to lower psychological well-being (Study 1), higher hostility toward the mainstream (Studies 1 & 2), and higher identification with the national group (Study 2). In the discussion, we highlight the need for public policies to</p>

implement preventive actions against this form of rejection within French society.

09:50

Blerina
Kellezi

Communities as conduits of harm: A social identity analysis of appraisal, coping and justice-seeking in response to historic collective victimisation

Social identity approach (SIA) research shows that community members often work together to support survivors of collective victimisation and rectify social injustices. However, complexities arise when community members have been involved in perpetrating these injustices. While many communities are unaware of their role in fostering victimisation, others actively deny their role and responsibility to restore justice. We explore these processes by investigating experiences of community violence and collective justice-seeking among Albanian survivors of dictatorial crimes. Survivors (N=27) were interviewed, and data were analysed using theoretical thematic analysis guided by the SIA. The analysis reveals the diverse ways communities can become harmful 'Social Curses'. First, communities in their various forms became effective perpetrators of fear and control (e.g., exclusion and/or withholding ingroup privileges) during the dictatorship because of the close relationship between communities and their members. Second, communities caused harm by refusing to accept responsibility for the crimes, and by undermining attempts at collective action to address injustices. This lack of collective accountability also fosters survivors' feelings of exclusion and undermines their hope for systemic change. Implications for SIA processes relating to health/wellbeing (both Social Cure and Curse) are discussed. We also discuss implications for understanding collective action and victimhood.

Tegan
Cruwys

Innovations in social identity interventions

Social identity processes have been found to have a wide variety of benefits for both individual and collective wellbeing. However, research is only just beginning to design and evaluate interventions that directly target social identification. I will present new experimental data that provide new insights into how social identity interventions can benefit health. Experiment 1 (N=2109 from 909 distinct neighbourhoods) demonstrates that an extremely light-touch intervention can boost social identification in whole communities or even nations, with flow-on benefits for wellbeing, loneliness, and social cohesion. Experiment 2 (N=174 young people with clinical depression and loneliness) is a phase 3 clinical trial that found that a social identity intervention (Groups 4 Health) was comparable to cognitive behaviour therapy across a 12 month follow-up period. Implications will be

discussed with a focus on how social identity interventions can be effectively implemented to advance goals of both prevention and treatment in public mental health.

Thomas
Morton

Is it safe for us to be together again? Identity, trust, and perceived risk in the “post-corona” crowd

Two years after the pandemic outbreak, many governments are moving toward the relaxation of COVID-19 restrictions and a return to “normal life”. The twin forces of ongoing disease threat and progressively opening societies, raise important questions about how to safely manage risks when large numbers of unrelated people come together - like at festivals, concerts and sporting matches. Equally important are questions about how individuals themselves feel about participation in such events and the impact of different, and changing, regulatory environments on their experience. To begin addressing some of these questions, across the summer of 2021 we observed and interviewed in situ (n = 195), and retrospectively surveyed (n = 5003), attendees at live events in Denmark. Events varied considerably in size, density, and the presence or absence of corona-related regulations. In line with past work (e.g., Morton & Power, 2022), shared identity and the trust associated with this was found to support feelings of comfort and safety in the crowd. Analysis of event parameters further suggested a role for identity in buffering attendees against indicators of risk in the environment. Together these results highlight identity forces that might be leveraged for crowd management as well as pointing to the potential slippage between felt safety and actual safety in the context of collective participation and disease threat.

Renate
Ysseldyk

Medicine for the soul: Religious identity, coping, and mental health during the COVID-19 pandemic

Although the threat and uncertainty of the COVID-19 pandemic has become a significant source of distress, drawing strength from one’s religious identity to cope may be associated with more positive health. In three studies (N=720), we investigated relations among coping strategies and mental health in religiously-diverse samples during the pandemic. In Study 1, student participants considered to be religious “minorities” in Canada (e.g., Muslim, Jewish, Baha’i, Buddhist, Hindu, Sikh) were least likely to engage in emotion-focused coping, which itself was associated with poorer mental health. Study 2 comprised a Canadian community sample, in which religious individuals also reported more problem-focused coping compared to Atheists. Moreover, both emotion- and problem-focused coping mediated the

relation between religiosity and mental health. Finally, in Study 3, participants identifying as Baha'i within an international sample were least likely (compared to Christians and Atheists) to report relying on emotion-focused coping, which also mediated the relations between religiosity and both anxiety and depression. Taken together, these findings suggest that important variations in coping with the pandemic may be evident across (non)religious group identities, with greater religious belief contributing to better mental health, at least in part, through using coping strategies typically considered to be adaptive in managing stress.

Emily Hughes Connecting groups and behaviours: A social identity network analysis of identity-infused behaviours

Research in the social identity tradition increasingly acknowledges the multiplicity of our identities, and the implications that identity compatibility has for our health and well-being. However, measures of multiple group membership thus far have ceased to capture the richness and complexity of our social identity networks at the wider sample level, and data regarding the different behaviours typically associated with different group memberships is scarce. Adopting a social network approach, we explore the co-occurrence of different group memberships within an individual (identity-by-identity network), the behaviours that are shared among identities (behaviour-by-identity network), and whether identities that are shared also share common behaviours (identity-by-behaviour network). An online survey asked participants (N = 288) to list the multiple group memberships that they are part of, as well as the behaviours viewed to be typical of group members. The networks identified several identities and behaviours to significantly co-occur at a rate both higher and lower than chance. Networks were found to be low in modularity; there was no evidence of clustering within the data. Permutation analyses also demonstrated the overall structure of the networks to be significantly different than expected by chance. The co-occurrences identified serve as a meaningful resource for those conducting research into identities, group norms and their associated behaviours.

Soraya
Elizabeth
Shamloo *Biculturalism and resilience in the COVID-19 era: Testing alternative methods*

Cultural minorities are vulnerable to experiencing negative outcomes in emergency situations. Bicultural Identity Integration (BII), namely the degree to which biculturals perceive their cultural identities as compatible (BII-harmony) has shown to be positively associated with psychological well-being. In turn,

individuals' psychological well-being may act as a buffer in stressful situations by reducing distress and enhancing the use of effective coping strategies. Yet, little is known on the directionality of the relation between BII and psychological well-being. In addition, the bidirectional relationship between psychological well-being and coping needs further clarification. We aimed at filling this gap by testing three alternative models. N = 370 biculturals completed measures of BII, psychological well-being, Covid-19 distress and use of coping strategies (positive attitudes, avoidance, social support) during the second wave of the Covid-19 pandemic in Italy. The model in which BII is associated with biculturals' Covid-19 distress and coping strategies, via psychological well-being showed a better fit compared to the alternative models. Specifically, BII was indirectly and negatively associated with Covid-19 distress and coping (except social support), via enhanced psychological well-being. These findings highlight that BII and the enhanced psychological well-being associated with it are important factors for understanding biculturals' responses to stressful events.

Stacey Heath *The dark side of adaptation: When do adaptations help and when do adaptations harm?*

The impact of Climate change, and the inimical effects of climate related emergencies, is a globally accepted phenomenon, creating an urgent need for communities around the world to adapt. However, developing effective and sustainable adaptations is a constant challenge with adaptation strategies often failing to incorporate the health and well-being of community members. Moreover, even where adaptation strategies do adopt a health and well-being focus, there is no clear set of metrics that measure and evaluate health and well-being within this context. Given that the impacts of climate change is already exacerbating global public health challenges, and is set to continue to affect the health and well-being of communities and individuals over the coming decades, it is important for us to, not only adapt to these risks, but to fully understand the impact of such adaptations.

11:00 Kirstin Hanson

Group-based COVID-19 conspiracy theories in the UK Black community

Conspiracy theories are associated with significant COVID-19 health consequences including lower engagement with protective behaviours. Studies indicate that both conspiratorial beliefs and lower health protective behaviours are more prevalent in minoritized populations, though little work has sought to specifically

examine conspiratorial beliefs in these populations. This study explores the nature of and process underlying the development of conspiratorial beliefs around COVID-19 within the context of Black African and Caribbean communities in the UK. Twenty-eight members of the communities were recruited; semi-structured interviews were analysed using grounded theory. Our findings identify the prominence of group-based conspiratorial beliefs that contrast with conspiratorial beliefs held in the wider population. Our qualitative analysis highlights the connection between these beliefs and historical as well as contemporary perceptions of injustice. During the pandemic, this perceived injustice was exacerbated by media reports that increased the perceptions of otherness and health messaging that was perceived to be mis-aligned with participants' identities. We conclude that historical and contemporary perceived injustice and mistrust and the lack of specific identity-aligned messaging created a perfect environment for group-based conspiratorial sense-making to thrive within the uncertainty of the pandemic.

Gunel
Aslanova

Wise feedback as a way to diminish negative effects of stereotype threat: The case of females in STEM

Stereotype threat (ST) is the risk of confirming negative stereotypes about one's membership in some group (e.g., gender, race, etc.), which has been established in research as one of the causes of reduced cognitive and academic performance (Steele & Aronson, 1995; Walton et al., 2015). This project aimed to establish if wise feedback (WF) could counter the negative effects of ST. Female participants (n = 89, ages 18-61, hired in STEM-related fields) were randomly assigned to an ST vs. WF vs. baseline feedback after completing a trial logical puzzle. The ST feedback reminded them of the negative expectations as to the logical reasoning skills of females. The WF feedback attempted to buffer them against any such stereotypical notions while boosting their persistence to succeed on such tasks, thus fulfilling the assumptions of wise feedback (Manning, 2018; Spencer et al., 2016). The baseline condition only gave them minimal feedback on the score they got on the trial puzzle. Overall, the study results showed that there were no statistically significant results in the cognitive performance of female participants irrespective of the type of feedback they received, even though cognitive performance scores were higher in the WF than ST condition. The results of this and similar studies may find application in designing psychosocial interventions aiming to decrease stereotype threat consequences for females aspiring to gain education and make a career in STEM areas.

Veenu Gupta *How do trainee clinical psychologists identify with their trainers (Experts by Experience, Carers and Clinical Psychologists) and how does this impact their clinical skills and learning?*

Clinical Psychology training involves many groups of trainers that teach trainee clinical psychologists, including Service users, Carers, and Clinical Psychologists. This research explores whether trainees' own identities impact their social identification with these trainers and whether this impacts their learning and clinical skills in any way. It is predicted that social identification with service users and Carers compared with clinical psychologists will have a different impact on learning and clinical skills and this will be dependent on trainees own lived experience identities and professional identities. Their own identities are likely to influence connections with their trainers differently and potentially predict outcomes on clinical skills differentially. This research will use measures of social identification to identify how trainee clinical psychologists identify with their trainers, service users, carers, trainees and clinical psychologists. The research will draw connections between social identification and clinical skills such as person centred skills, coproduction, imposter syndrome, burnout, self-esteem, attitudes toward disclosure and mental illness and personality. Trainees will be asked to rate the extent to which they have learned these clinical skills through applying a Likert scale to quantify the research. Through a regression analysis we can see whether their social identification with their trainers can predict their learning and clinical skills.

Ken Mavor *Social identity and the stress-wellbeing relationship: The role of identity-potent stressors*

The role of stressors in undermining wellbeing is long established. Recent developments under the banner of "the Social Cure" have implications for the impact of social identities in on stress and wellbeing. We present an integrated social identity model of the stress-wellbeing relationship in which social identities can compensate for stressors, or can change the meaning of stressors. The model also allows for the role of the stressors themselves in either enhancing or undermining the identity, and thus either amplifying or dampening the benefits of the social identity. We take as a particular example the stress of doctors in medical practice, and illustrate some of these effects based on interview data with medical specialists. Some stressors might have a direct negative effect on wellbeing, but may also increase identification with being a doctor, or member of

a relevant specialty (Heyworth, 2004). This identification may have an additional moderating effect that reduces the impact of the stress on wellbeing with implications for sustainable patient care under the duress of medical practice. We argue for the idea of “identity-potent stressors” as a more general dynamic process through which stress and social identity influence wellbeing. References Heyworth, J. (2004). Stress: A badge of honour in the emergency department. *Emergency Medicine Australasia*, 16(1), 5-6.

Lara H.
Wehbe

It's easy to maintain when the changes are small: Exploring sustainability motivated dietary changes from a self-control perspective

Reducing meat and dairy intake is necessary to mitigate the effects of animal agriculture on global warming. Yet, doing so may be challenging. What are sustainably motivated individuals' experiences in their transition to a more plant-based diet, and can dietary changes be facilitated? We conducted a pre-registered qualitative survey with 80 participants to explore their experiences of reduction, and in particular the role of self-control, habits, identity, and social norms in shaping these experiences. We analysed the data using thematic analysis and generated three themes. Theme 1 captures participants' incompatible short-term and long-term motivations, which led to experiences of conflict. Managing conflict required self-control. Theme 2 describes aspects of food and social environment, such as social feedback, and food availability, cost, and appeal, that hindered or supported participants' attempts at reducing meat and dairy intake. This theme also revealed that most reducers did not want to be identified with various dietary groups, particularly with flexitarians. Theme 3 captures strategies, varying in effort, that helped participants overcome internal conflicts or challenges from the food and social environment. Examples include avoiding choice situations, or behavioural substitution, which facilitated behaviour maintenance through small and comfortable changes that fit with participants' taste, skills, and habits. Our findings highlight the need to temper negative social feedback, and introduce more availability and avourable social norms to support meat and dairy reduction. Interventions that aim to support the transition to sustainable eating also need to consider the social identities of consumers.

Moon Halder

Exploring the impact of Long-COVID: A qualitative study

At the core of the long Covid experience lie a set of uncertainties and complications that often prove to be confounding and frustrating. Not only is there difficulty

identifying the illness, and substantive work involved in justifying the illness, but long haulers also report disparities between their expectations of the illness and its trajectory on one hand and the severity/persistence of them on the other. Using the theoretical concept of Social Identity Theory, this study dwells further in understanding the important role social and personal identity plays for individuals suffering with long COVID. While there has been a lot of ongoing research in understanding the impact of COVID, research in understanding the impact of long COVID is minimal. This study aims to fill in the gap and explore the impact long COVID has had on an individual in terms of their identity, social relationships, and psychological wellbeing. It is hoped that the findings will help develop future intervention and inform quantitative study later.

Design and Participants - This is an ongoing qualitative study that will recruit participants who are suffering with long COVID symptoms. Participants will be recruited from long COVID clinics and through social media (e.g., Facebook).

There will be 5 focus groups (N=5 per focus group). Total number of participants will be 25. All focus group discussion will be conducted online via Microsoft Teams and will last approximately 60 minutes each and will be recorded after gaining full consent from participants.

Analysis - Thematic analysis will be used as the method for data analysis that will help to capture important themes across participants.

Results and Discussion - Findings and implications will be discussed further as per data analysis.

Isabelle
Felsner

Noise annoyance undermines neighbourhood group processes: Applying the social cure to understanding the effects of urban noise on residents

Noise exposure is a major stressor which has significant wellbeing implications. However, research often neglects the context-dependence of noise appraisal, and the fact that social group memberships may be an important determinant of this context. Moreover, much noise exposure occurs in local communities, a locale within which the Social Cure (SC) perspective has shown that identification with other residents can improve wellbeing by enhancing one's ability to cope with stress, although the stressor of noise has not yet been addressed. Combining these literatures, this research aims to explore the extent to which SC processes predict noise perceptions and wellbeing within the community. Study 1 (N = 1999) was a secondary analysis of data from neighbourhoods surrounding the UK's busiest airports. As predicted, the positive association between neighbourhood positivity and wellbeing was undermined by noise annoyance. Study 2 extended these findings

through primary data collection: residents of Nottingham areas (N = 378) indicated their identification with their local community and their perceived social support from community members, as well as noise annoyance and wellbeing. As predicted, community identification and support mediated the relationship between noise annoyance and wellbeing. The current findings show how noise as a stressor does not merely have negative implications on wellbeing: it may also undermine the protective qualities of community identification/support.

Charlotte
Marie
Edelmann

The power of empowerment: Predictors and benefits of shared leadership in organisations

Research has shown that leadership is a key factor that affects the well-being among employees. However, with the growing complexity of today's organizations, it might become impossible for the formal leader to fulfill all leadership responsibilities effectively. This calls for a shared leadership structure where leadership is shared with team members. Although there is abundant literature on how high-quality peer leadership benefits the well-being of team members in the sports setting, evidence about the underpinning mechanisms and the role of the formal leader in strengthening this peer leadership is scarce. To address these mechanisms an online survey was completed by 146 Belgian employees from various organizations. The results revealed that it is important for the formal leader to empower the leadership of team members: positive relationships were found amongst the quality of the peer leaders on four different leadership roles (i.e., task, motivational, social, and external leadership) and both team effectiveness and members' work satisfaction and health, while negative relationships emerged with team members' burnout. In line with the Social Identity Approach, team identification mediated the relation between leadership quality and well-being. It is concluded that by sharing their lead and empowering the leaders in their team, formal leaders not only influenced their team's well-being, but were also perceived as better leaders by their team members.

Svenja B.
Frenzel

Sweet as sugar - how shared social identities help patients in coping with diabetes

Social identification increases health-related outcomes as social groups provide a source of social support. We study this social cure effect in diabetes patients by focusing on two potentially relevant sources of support, namely medical practitioners (MP) and fellow diabetes patients. As both groups have diabetes-specific knowledge, we predict that sharing an identity with them provides access to specific support, which in turn, optimizes the

diabetes management and reduces diabetes-related stress. We further predict that individuals with lower diabetes-specific resilience rely more on support from their MP and fellow patients, which results in a stronger relation between the respective identification-levels and social support. We tested this moderated mediation model in a two-wave study with N=200 diabetes patients. MP-identification was related to more social support, which in turn, was related to better diabetes-management and less stress. Identification with fellow patients related to more social support, which in turn, related to better diabetes-management, but was unrelated to stress. Resilience only moderated the relationship between MP-identification and support, insofar that people with lower resilience-levels reported more support from their MP, which in turn, related to better diabetes-management and less stress. This study shows the importance of social identification with the MP and other diabetes patients, especially for people with lower resilience-levels.

11:30 Catherine Haslam

Groups 4 Health - Retirement: A new program that supports social identity management in the retirement transition

Retirement - one of the most significant of life transitions - is often assumed to be a time of liberation and personal satisfaction, and yet up to 25% of retirees report experiencing psychological distress. While financial planning is prioritised in the transition, evidence shows that failing to address social relationship changes markedly increases retirees' risk of mortality. Addressing this gap is a new, online, social identity informed intervention – GROUPS 4 HEALTH: RETIREMENT (G4H:R) – that aims to give people the knowledge and skills to manage social identity change in the transition. In this talk we introduce the program and present findings from two initial studies. Study 1, an online proof-of-concept study, recruited 95 pre-retirees who completed surveys before and after engaging with the program. The program was positively received with significant increases found in intentions to engage in social, health and financial planning, but also in personal control and retirement satisfaction. Study 2 (N=121), an online experimental study, compared the effects of social planning using G4H:R to financial planning. In addition to G4H:R providing greater preparation for retirement (in knowledge, skills, strategies), participants reported significantly greater life and retirement satisfaction following G4H:R. These studies highlight the value of a program that engages people in social identity management and we discuss the implications for social cure theorising.

11:50 Laura Hollands

A new framework for observation of group processes in group-based health interventions

The Social Identity Model of Behaviour Change (SIM:BC) emphasises consideration of social group processes in the design of group-based interventions. It describes six key processes from the social identity approach to health (agency, connection, norm enactment, influence, meaning, and social support) that together contribute to a group's potential to positively shape health outcomes. Whilst the importance of these processes in building social identity and influencing health outcomes is well documented, what they look like in group-based interventions is less clear. In this presentation we discuss the development of a new framework that provides a basis for observation and coding of the group processes in SIM:BC in group settings. The aims of this framework are twofold. The first is to provide behavioural descriptions of the model components to improve facilitator "in-the-moment" understanding of group processes taking place in their groups, allowing them to intervene where necessary to improve group functioning. The second is to provide researchers with a tool to aid evaluation of the emergence of the group processes in social identity building interventions, for example as part of planned process evaluations. We will also present recent work piloting application of the framework to analysing observational data from community support groups for stroke survivors.

Daniel Frings

Tales of hope: Social identity and learning lessons from others in Alcoholics Anonymous: A test of the Social Identity Model of Cessation Maintenance

Social identities can facilitate positive recovery outcomes for people overcoming addiction. The Social Identity Model of Cessation Maintenance posits that one such process may be contextualisation (the creation of meaning around relevant future events and actions which act in a protective fashion). The current paper explored the role of a common feature of addiction meetings, the sharing of a personal recovery story. Data were collected from an online sample of 170 members of Alcoholics Anonymous [AA] (mean age 45.4 years, 50% male). Participants rated their social identification with AA before reading an archetypal tale of hope. They then completed measures of contextualisation (the perceived self-relevance and utility of the tale) and measures of perceived quit efficacy and costs of relapse to self and others. Identity, relevance and utility positively related to quit efficacy and perceived cost of relapse to the self. High identification with AA was also related to higher story relevance and utility. However, no mediation

relationship between identity and efficacy via story relevance or utility was observed. Perceived cost to self increased in line with identity, with a joint indirect mediation of social identity via both mediators. These findings provide a clear pattern of results linking identity to contextualisation and contextualisation to outcome measures. They also support the role of contextualisation as an important component of group processes more generally.

Orla Muldoon *Collective post-traumatic growth: Evidence in favour of a new construct*

Although there is solid evidence that trauma can have both positive and negative consequences, the potential for trauma to drive change in collective dimensions of the self is not well understood. Emerging evidence suggests that social and collective identities are an important element of the relationship between adversity, post-traumatic stress and psychological wellbeing. Here we present accounts of 1) women and 2) children who waived their anonymity following the conviction of the men who had attacked and sexually assaulted them. Discourse analysis of these accounts highlighted significant collective dimensions to their negotiation and understanding of personal trauma. Traumatic experiences are presented as having the potential to amplify both negative and positive connections with others, because of the wider embedded sociocultural understanding of sexual abuse. There was evidence of redefinition of social connections associated with personal trauma is linked to group processes and redefined social identities. Building on these results we present a measure of collective post traumatic growth designed to measure positive social identity change. We present preliminary quantitative evidence of this phenomenon that we label collective post-traumatic growth as well as plans for a new series of studies.

Aoife-Marie Foran *Identity processes and eating disorder symptoms during university adjustment*

Young people with eating disorders (EDs) and ED symptoms are at risk during university adjustment, suggesting a need to protect their health. The social identity approach proposes that people's social connections - and the identity-related behaviour they derive from them - are important for promoting positive health outcomes. However, there is a limited understanding as to how meaningful everyday connections, supported by affiliative identities, may act to reduce ED symptoms during a life transition. 281 first year university students with an ED or ED symptoms completed an online survey during the first month of

university. Participants completed self-reported measures of affiliative identity, social support, injunctive norms and ED symptoms. Path analysis was used to test a hypothesised mediated model, whereby affiliative identity has a significant indirect relation with ED symptoms via social support and injunctive norms. Results support the hypothesised model. We show that affiliative identity predicts lower self-reported ED symptoms, because of its relation with social support and injunctive norms. The findings imply that affiliative identities have a positive impact on ED symptoms during university adjustment, because the social support derived from affiliative identity is associated with how people perceive norms around disordered eating. Our discussion emphasises the possibility of identity processes being a social cure for those at risk of ED symptoms.

Niamh
McNamara

Multiple group identifications and identity compatibility in eating disorder recovery: A mixed methods study

Possessing multiple, compatible group memberships promotes health and wellbeing during life transitions. However, this has yet to be systematically explored for those in recovery from an eating disorder. To address this gap, the present study employed a convergent mixed methods design to fully understand whether some key social groups (i.e., family, friends, and online groups) were more helpful (or harmful) to eating disorder recovery than others, and to unpack how group in/compatibility shapes recovery efforts. There was a high level of convergence across survey (N=112) and interview (N=12) data. Participants perceived that their social groups possessed varying thinness-related norms, however, there were few clear patterns in relation to how group-type predicted wellbeing and recovery. Multiple incompatible group memberships were not viewed as inherently problematic, but fuelled recovery ambivalence. Our findings are amongst the first to attest to the importance of considering identity networks (and their normative content) during recovery.

Zoe Walter

Implementing a smoke-free policy in alcohol and other drug residential treatment facilities: The role of social factors

There are often high rates of smoking in people who access alcohol and other drug (AOD) treatment services, with estimates that approximately 80% of people entering services smoke. Attempts to address rates of smoking include implementing policies that reduce or ban smoking in the facilities. The current research provides an in-depth qualitative analysis of staff and residents' perceptions of a smoke-free policy within AOD residential treatment facilities. In particular, this presentation will

highlight the social aspects of smoking and how these present challenges and facilitators to having a smoke-free facility. Key themes include new clients learning smoking behaviours from previous or current clients, perception of ostracism when not smoking, smoking as a social activity, and people becoming “triggered” by other clients smoking. Despite these challenges, participants also reported the positive ways that groups can assist with reducing smoking, including providing social support, developing norms around not smoking, and learning alternative non-smoking behaviours. We will also discuss how these findings can inform the implementation of smoke-free policies within these settings.

Kay Bridger

Recovering from traumatic physical injury: How appraisals of work identity threat contribute to psychological outcomes

Traumatic physical injury can be life changing or life threatening. In England in 2015 there were 700,000 major trauma hospital admissions of patients of working age. While the impact of a health threat on work identity has previously been recognised, cognitive appraisal of social identity threat has not been considered as a psychological mechanism affecting trauma survivors.

Two lived experience qualitative studies considered the impact of injury on trauma survivors' social identity context, with a particular focus on work identity. Thematic analysis was informed by the social identity approach to health, particularly SIMIC (Social Identity Model of Identity Change).

Study one analysed interview and focus group data (generated as part of a study developing a vocational rehabilitation intervention) to explore the relevance of social identity theory. The threat of functional capacity change was appraised through its impact on valued social identities, including work. Survivors experienced disrupted sense of purpose and social connection while not working. Their secondary appraisals of capacity to cope with injury and recovery were influenced by perceived social support received from work.

A second interview study confirmed the negative impact of work identity threat on wellbeing. Purpose and connection was again central to the value of work. Furthermore, participants who did not experience expected, reciprocal social support from their workplace, appraised this as a betrayal.

14:00 Melinda Beckwith

Repairing a 'spoiled' identity? Self-stigma in recovery from addiction

Social identity change has been shown to be a core process in recovery. Previous research analysing people's accounts of their recovery has framed this process as repairing a 'spoiled' or stigmatised identity and becoming 'normal' or 'ordinary'. However, this framing was not relevant to people considered to be 'middle-class' or 'socially integrated'. This difference suggests that a better social position provided greater 'recovery capital', which protected against the personal effects of stigma related to addiction. While older studies looked at the recovery process retrospectively, this study followed people into recovery. The aim was to investigate the relationship between a substance using identity and internalised or self-stigma associated with substance use, the effects of self-stigma on social identity change in recovery, and the role of recovery capital. We interviewed people following admission to one of two Therapeutic Communities (TCs), a model of residential rehabilitation, following up again six months later. This presentation will discuss the surprising and complex role of self-stigma in social identity change, and the protective role of greater recovery capital, and consider implications for the provision of meaningful treatment and recovery support to a stigmatised group.

14:20 Joanne Ashley Rathbone

The consequences of perceiving weight-based discrimination as legitimate

Weight-based discrimination is pervasive and often seen to be legitimate, even among higher-weight individuals who are subjected to it. We conducted an experimental study to examine how the perceived legitimacy of weight-based discrimination among ingroup members influenced higher weight people's experience of their higher-weight identity and their well-being, and the conditions under which this occurred. We found that, when weight-based discrimination was portrayed as legitimate (versus illegitimate) by ingroup members, higher-weight people identified less with their higher-weight group, but only when they also believed their group's boundaries were more permeable. Reduced group identification was in turn associated with reduced collective action intentions, body satisfaction, and self-esteem. The results of this research highlight how legitimizing weight-based discrimination and perceiving the boundaries of weight-based groups as permeable harms well-being and advocacy for social change among higher weight people.

Aisling
O'Donnell

Stigma is associated with illness self-concept in individuals with concealable chronic illness

Previous research suggests that chronic illnesses can lead to a stigmatized identity. Additionally, chronic illness affects self-concept, as one reconstructs a sense of self with illness incorporated. However, no research has examined the interplay between stigma and self-concept in those with concealable chronic illnesses. In an online survey of people with concealable chronic illness (N = 446) we investigated the extent to which anticipated, experienced and internalized stigma are associated with illness self-concept. We also explored if these aspects of stigma are associated with enrichment in the self-concept. Participants completed self-report measures of chronic illness-specific measures of stigma and illness self-concept, both negative and positive. Results indicated that there is a positive relationship between anticipated, internalized and experienced stigma and illness self-concept, indicating that stigma is associated with increased preoccupation and perceived impact of illness on the self. Although there is also a negative relationship between anticipated and internalized stigma and enrichment, only internalized stigma is associated with enrichment over and above the effects of control variables such as personal control. Our findings bridge the existing literature on illness self-concept and stigma for chronic illness groups, with a specific focus on those with concealable chronic illnesses.

Ardiana
Shala

A discourse analysis of gendered concepts of war

Wartime sexual violence in patriarchal societies constitutes a destruction of social norms: the experience becomes 'unspeakable', leading to victims experiencing social isolation and lack of community support in the aftermath (Kellezi & Reicher, 2014). To tackle this in Kosovo, a national law amendment was introduced in 2014 which recognizes victims of wartime rape as civilian war victims. Taking a social identity approach, this study explores how national discourses surrounding wartime rape changed after the law's introduction. Publicly-available data from interviews, news articles and political debates (100 pages) was collected and subjected to discourse analysis. An increase in public discourse could be noticed post-law amendment. Further, the analysis indicated a discourse shift regarding the issue of wartime rape following the law introduction: a shift that was especially evident after a survivor shared her story on national TV in 2018. Several NGOs launched awareness campaigns which also influenced the political discourse, fostering changes in how victims are spoken about (a shift from the anti-normative term 'rape victim' to the pro-normative term 'heroine'). Despite these changes,

the discourse remained focussed on gendered heroism and national identity, rather than on the health and wellbeing of victims, or the cultural and socio-economic factors which exacerbate victims' stigma. Implications for victims' wellbeing and identity within Kosovan society are discussed.

Mhairi Bowe

Exploring community and social identities as risks and solutions in the context of food aid and food insecurity

The giving and receiving of food aid are increasingly prevalent features of UK society in the wake of austerity and the economic fallout of the Coronavirus pandemic. It is also heavily stigma laden. Qualitative research with food bank users has suggested these stigma barriers can lead people into extreme food poverty as a result of help-seeking avoidance but that social identity dynamics and the humanising behaviours of volunteer food providers might help attenuate experiences of stigma. The current research aimed to explore the role of shared identities, community belonging, and marginalisation in food insecurity and experiences of food aid. A longitudinal survey conducted in the UK across three months (Time 1, N=199; Time 2, N= 164) revealed that community members who occupied marginalised identity positions felt food aid was more stigmatised, reported more food insecurity, and felt more distant from other community members who did not receive food aid. Perceived prejudice against food aid recipients was also correlated with a range of negative well-being outcomes. However, both community identity and family identity predicted lower food insecurity and less need for food aid receipt. Future research and implications for practice and supporting vulnerable community members will be discussed.

Lee
Shepherd

The role of difference components of social identification on psychological well-being in groups who experience stigma

We assess the harmful consequences of social identity on psychological well-being in two groups who experience stigma: LGBT people (Study 1, N = 123) and parents and guardians of children with autism (Study 2, N = 177). In both studies we used Leach et al.'s (2008) measure to assess different components of social identification with the stigmatised group (i.e., solidary, satisfaction, centrality, individual self-stereotyping and ingroup homogeneity). We also measured multiple group membership and psychological well-being. Study 1 demonstrated that discrimination positively predicted the centrality of the LGBT identity, and this centrality was associated with poorer psychological well-being. Belonging to numerous social groups was associated with

better psychological well-being. Study 2 found the centrality of the parent and guardian identity was associated with poorer psychological well-being. However, there was an indirect effect of satisfaction on psychological well-being via perceived control. Being satisfied and proud of a parent and guardian was associated with greater perceived control over life. This perceived control was subsequently associated with better psychological well-being. Study 2 also demonstrated the beneficial effects of multiple social groups on well-being. As such, this research demonstrated both the positive and negative effects of social identities on psychological well-being in members of groups who experience stigma.

15:10 Anthony Gifford

Perceived risk and prosociality predict HIV (Human Immunodeficiency Virus) Pre-Exposure Prophylaxis (PrEP) usage

Pre-exposure prophylaxis (PrEP) or Truvada™ is a novel intervention in the fight against the HIV epidemic. With subsequent commissioning by NHS England, this drug will be routinely prescribed for clinically at-risk individuals (e.g., Men who have Sex with men) and for those who choose to use it (e.g., Sex workers). However, while efficacy is high and side effects are low, uptake and adherence to this drug is potentially inhibited by several psycho-sociological factors such as perceived stigma, risk, and cognitive thinking dispositions (e.g., open minded thinking, impulsivity). While a theoretical focus on dual-process theories (DPT) proposes qualitatively different modes of thinking and cognitive decision-making (algorithmic vs heuristic) at an individual level, the social constructs of HIV and subsequently PrEP, present social and group-based processes that could influence overall decision making to take the drug.

Therefore, this study investigated psychosociological and cognitive predictors of PrEP usage in a U.K based online sample (N = 189). Participants (119 male) were aged between 19-69 (M = 30.71, SD = 8.76). Key social-cognitive predictors were chosen from both domain specific risk taking (e.g., perceived risk of HIV) and general risk taking, social factors (e.g., prosociality) and DPT thinking dispositions (e.g., Critical Reflection). With extremely limited research conducted within the U.K., this study presents a novel exploration of social-cognitive factors mediating decisions to take PrEP; extending previous research that centralises on social stigmas and misinformation.

Results show that social identity aspects (such as gender and relationship status), higher perceived risk of HIV and

prosociality were significant predictors of a higher likelihood of PrEP usage with a 16% in variance explained. However, the Cognitive reflection Test scores and actively open-minded thinking were not unique predictors for PrEP usage intention.

Anna-Mariya
Lashkay

To identify or disidentify? Exploring the effects of identification and disidentification in individuals with stigmatised identities

Group memberships and social identification (ID) have been found to buffer the negative impact of stigma, such as social isolation (e.g. Haslam et al., 2009; Jetten et al., 2012). However, when a group is stigmatized, to preserve wellbeing, some individuals actively disidentify (DIS-ID) with that group identity (Branscombe et al., 2011; Jetten et al., 2013). Nevertheless, the effects of DIS-ID when coping with stigma and trauma are unclear. Therefore, our research aims to examine the impact of these psychosocial processes -ID, DIS-ID- on stigmatized groups (phase 1) and stigmatized traumas (phase 2). Through the lens of the Social Identity Approach, we aim to bridge the gap between dissociating from a stigmatized trauma on an individual level and disidentifying from a stigmatized group on a group level. The first phase entails exploring the effects of ID and DIS-ID with a stigmatized group, i.e. individuals with Adverse Childhood Experiences (ACEs). This will take place over the next four months, where we will be collecting data from an expected community sample of at least 160 individuals through an online survey. Outcome measures of the survey are symptoms of dissociation and Post-Traumatic Stress, Post-Traumatic Growth and Wellbeing. Data will be analyzed using multiple regression. In the following three months I will prepare an academic poster detailing our methodology, preliminary results and further steps and phases of the project as it evolves.

Sarah-Anne
Evans

Developing a constructivist grounded theory method to explore social identity and transition to university for students with dyslexia

Research is significantly lacking on how students with dyslexia transition to university and how social identity could support this. The current doctoral research explores participants' lived experiences across the first year of their course, using a Constructivist Grounded Theory approach.

Gina Collins

"You're trading one addiction for another": A qualitative view of vaper social identity, smoking cessation and perceptions of dependency

E-cigarette use (vaping) has risen exponentially in recent years to become the most popular smoking cessation aid in the UK, endorsed as an effective quit tool by public health bodies such as the NHS and PHE. This research explored how vapers experience the transition in social identity from smoker to vaper and their perceptions of dependency. One-to-one interviews were conducted with former smokers (n=20) who stopped smoking through e-cigarette use and vaped exclusively. Results from a thematic analysis revealed that while vapers felt free of smoking, they acknowledged that they were not free of addiction, as their nicotine consumption and dependency remained. Moreover, many participants described a constant grazing or dummy-like usage due to increased accessibility and ease of e-cigarette use which, together with greater social acceptability and the ability to vape in previously prohibited spaces, seemed to reinforce habitual behaviours - leading to perceptions of more, rather than less, addiction. Most participants took up vaping with the intention of eventually stopping, by decreasing the strength of their nicotine liquid to zero; however, while many had reduced nicotine strength, only two of our sample vaped without nicotine and had any plans to quit. This research has implications for understanding e-cigarettes' effectiveness as a quit tool compared to other stop-smoking aids, and the processes underpinning the continuation of vaping even after successful cessation.

Emily Tippins *Believing in science: Linking religious identity and beliefs with vaccination intentions and trust during the COVID-19 pandemic*

Throughout the COVID-19 pandemic, public trust in science has been put to the test. Moreover, there is evidence that some individuals are prone to skepticism about scientific findings that do not align with their ideological group identities and belief systems. This study investigated whether trust in the scientific community (as well as government and media) and COVID-19 vaccination intentions would vary as a function of (non)religious group membership, religiosity, religion-science compatibility beliefs, and/or political orientation in a Canadian community sample (N=280). Analyses examining (non)religious group differences revealed that individuals who self-identified as "Spiritual but not religious" were less likely than Atheists, Agnostics, Christians, and those who self-identified as belonging to a range of religions that represent "Minorities" in Canada to report that they would get vaccinated. Only (conservative) political orientation and trust were significantly associated with COVID-19 vaccine intent (negatively and positively, respectively). However, trust in science also indirectly mediated the relations between

vaccine hesitancy and each of political orientation, religiosity, and religion-science compatibility beliefs. Given the ideological group divides that the pandemic has exacerbated, this research has implications for informing urgent public health initiatives and knowledge mobilization strategies for relaying scientific findings to the public.

Georgina
McLocklin

A social identity approach to understanding victims of image based sexual abuse experiences of disclosure and help-seeking: Preliminary findings

Image based sexual abuse (IBSA) is the sharing of sexual images without the consent of those shown in the images, which is illegal in the UK (The Criminal Justice and Courts Act, 2015). Being victimised can have a detrimental, all-encompassing and long-lasting physical, psychological, social and/or financial impact (McGlynn et al., 2020). Despite recognising the significant distress victims experience and their reluctance to seek help (Short et al., 2017), psychological research of IBSA is limited and has yet to explore victims' experiences of help-seeking and the barriers they may face. This study explores IBSA victims' decisions and experiences around help-seeking using the Social Identity Approach (SIA). SIA provides a useful framework to understand help-seeking due to the high presence of victim-blaming attitudes (Henry et al., 2019) suggesting victims may be stigmatised against, and group norms (e.g. gender) which may inform victims' experiences. Interviews were conducted with 21 participants (14 females, 6 males and 1 non-binary individual). Initial findings reiterate how violating the experience was, with group norms (particularly gender) appearing to play an important role in victims' meaning making of the experience and help-seeking behaviour. Social cure and curse elements were identified within help-seeking behaviour and shame was found to be a common barrier to disclosing experiences to others suggesting a possible stigmatised element to the experience. This research could have implications for improving victim support as well as contribute to the IBSA and SIA literature.

Haiyan Wang

Another COVID-19 variant? The role of perceived vaccination coercion and conspiracy beliefs in societal polarisation

COVID-19 has severely impacted the whole world, vaccination is an efficient way to reduce motility from COVID-19. Vaccination campaign has been implemented world widely, however, anti-vaxxers are getting more active than ever. In addition to COVID-19, our society is facing a new threat, that is polarization. We collected data from three countries (US, UK and China) and

examined a moderated mediation model to illustrate the mechanism of polarization in the world wide vaccination campaign. We found both vaccinated and unvaccinated people were polarized against each other. Perceived vaccination coercion promoted conspiracy beliefs of vaccination, furthermore increase polarization especially in unvaccinated people. However, this mediation effect was negative among vaccinated people, specifically perceived vaccination coercion increased conspiracy beliefs, but in turn, decreased polarization.

Elizabeth
Mair

Facebook group membership and well-being: Exploring the impact of online social identification and group factors on well-being

Research from the ‘Social Cure’ paradigm has demonstrated an association between a higher number of social groups and stronger social ties, and improved psychological and physical health outcomes (Haslam, Jetten, Cruwys, Dingle & Haslam, 2018). However, it has been suggested that it is the identification with, and the psychological importance of, those groups which contributes to the development of a social identity and it is the mechanism through which individuals access the benefits of groups (Haslam et al., 2018; Sani, Herrera, Wakefield, Boroch & Gulyas, 2012). While previous research has established the effects of ‘offline’ group membership on health and well-being, there has been limited application of concepts from the ‘social cure’ approach operating online. The current research aims to address this gap by exploring the impact of Facebook group membership on well-being and support, and the impact of online group factors such as the number of group memberships, type of interaction and frequency of communication with the group.

15:40 Sandra Penić

Beyond collective victimhood: Shared diverse conflict memories predict community cohesion and psychological well-being

In societies emerging from intergroup violence, collective trauma memories can undermine community cohesion or foster narrow ingroup bonding and parochialism. Building on the social identity model of collective resilience and the ‘social cure’ literature, we examine whether the possibility to know and share diverse conflict memories can serve as a resource for subjective community cohesion (i.e., community attachment and efficacy) and well-being (i.e., life satisfaction and depression). Diverse conflict memories go beyond the dominant ‘us vs them’ conflict narrative, capturing complexity in conflict experiences. Analyses of nationally representative surveys from two conflict-ridden societies (Sri Lanka,

N=1'188; and the West Bank and Jerusalem, N=1'000) show that knowing diverse conflict memories is related to stronger community cohesion if and only if they are perceived as shareable in the community. Conversely, knowing diverse memories but perceiving them as unspeakable in one's community is related to decreased community cohesion. The findings further show that whether a community serves as a 'social cure' for conflict memories depends on the perceived shareability of memories in the community. The findings contribute to a better understanding of the role of collective memories for community cohesion and well-being and highlight the importance of breaking the silence about diverse conflict memories.

16:00 Radhika Butalia

The power of identity leadership cross-culturally

In the last decade, the social identity approach to leadership has gained momentum within the sporting context. This approach asserts that effective leaders succeed in making people, think, feel, and behave as members of the same team (i.e., as 'we' in terms of a social identity), rather than as separate individuals (i.e., as 'I' in terms of a personal identity). Moreover, a recent study revealed that, by creating a sense of 'we' and 'us', athlete leaders who occupy different leadership roles (i.e., task, motivational, social, and external) are able to nurture the health and well-being of their teammates along with buffering them against burnout. However, the generalisability of these claims is limited given that the majority of research has been conducted in Western countries. Therefore, the purpose of this study was to investigate whether these findings hold cross-culturally. Being a pioneering study within the field, we chose to use a cross-sectional methodology by collecting data from football teams across 15 countries. Participants were asked to rate the identity leadership qualities of their coach, team captain and informal athlete leaders (i.e., task, motivational etc.) in addition to their own identification with their sports team, their individual health, well-being and burnout levels. The results of this study will be presented, which may provide us with a deeper understanding of other cultures besides having implications for applied practitioners of sport psychology.

Katrien Fransen

Leading the way together: A cluster randomised controlled trial of the 5R shared leadership program in older adult walking groups

A growing body of research in clinical, social, and organizational contexts indicates that group memberships, and the social identities associated with them, have a profound impact on people's health and well-being. In sport teams, however, evidence of this

'social cure' is sparse. Our previous work with three elite Australian rugby teams provided initial evidence that good athlete leaders on the team were able to strengthen teammates' identification with their team. In turn, athletes who identified stronger with their team reported improved health and reduced burnout. In this talk, I will present both a cross-sectional study (30 sport teams; N = 289) and a longitudinal study (23 sport teams; N = 414) that aimed to replicate these findings in a larger sample. The findings of both studies align with the social cure theorizing and suggested that athletes' team identification (facilitated by identity leadership) was a significant buffer against burnout, thereby positively impacting athletes' health and well-being. In summary, the key contribution of the present research is to highlight that by bolstering a sense of shared social identification (a sense of 'us') leaders are able to enhance the health and reduce the burnout of their fellow team members. Furthermore, to the extent that this is a recipe not only for health but also for team success, it would appear that sport teams are not forced to choose between doing well and being well, but can reasonably aspire to do both.

Laura Healy

The impact of embedding physical activity into peer support groups based in the community for those severely affected by mental illness

There is growing evidence regarding community-based physical activity interventions for mental health. However, few studies focus on those affected by severe mental illness (SMI). This is important as this population often experience poorer physical health, are less physically active, are more sedentary, and die younger than the wider population. The use of peer support groups in this context is also understudied, despite substantial benefits being documented in other contexts. The present study examined the impact and process of embedding physical activity into peer support groups for those affected by SMI, in a project delivered by a national charity campaigning for those affected by SMI. Using a mixed methods design, we used questionnaires, interviews and focus groups to explore the experiences of those involved with the project. Our findings showed that peer support groups were effective in promoting physical activity for those affected by SMI. We identified four key themes: 1) the social aspects of embedding physical activity in the groups; 2) the focus on peer support and informal physical activity being beneficial; 3) doing things differently and lessons to learn; and 4) the impact of the Covid-19 pandemic. Our evaluation shows that peer support is a key element to include for projects to be successful in promoting physical activity to those

affected by SMI.

Niels Mertens *Leading together towards a stronger 'us': An experimental test of the 5RS shared leadership program in basketball teams*

Leadership research in sports teams has highlighted that shared leadership constitutes a better predictor of team effectiveness than vertical leadership. Recent work also suggests that high-quality athlete leaders within the team are essential in fostering team members' health, while buffering against burnout. Although the potential benefits of shared leadership are well-documented, the evidence on how to implement such a shared leadership structure in practice is sparse. Accordingly, coaches face three key challenges: (1) identifying the best leaders; (2) defining what roles those leaders should fulfill; and (3) developing the leadership skills of the appointed athlete leaders. The 5RS Shared Leadership Program addresses these challenges by using social network analysis to identify and appoint the best leaders within the team on task, motivational, social, and external leadership. Next, 5RS also aims to improve the leadership skills of the appointed leaders. To test the effectiveness of this program, we recruited eight Belgium national level basketball teams. We distributed these teams over two conditions (i.e., intervention and control condition) and collected data at two points in time (i.e., pre and posttest). The results show that the 5RS program succeeded in strengthening the appointed leaders' ability to create a shared sense of 'us' within their team. Furthermore, the program enhanced team members' well-being while preventing increased feelings of burnout.

Mark Stevens *Group-based physical activity protects against depression: Evidence from two empirical studies*

Against the backdrop of evidence that physical activity can protect against depression, there has been growing interest in the mechanisms through which this relationship operates (e.g., biological adaptations), and the factors that might moderate it (e.g., physical activity intensity). However, no attempt has been made to examine whether, or through what mechanisms, depression-related benefits might arise from belonging to groups that engage in physical activity. Across two studies, we addressed these shortcomings by (a) examining whether engaging in physical activity specifically in the context of sport or exercise groups protects against depression, and (b) testing two pathways through which benefits might arise: greater physical activity and reduced loneliness. In Study 1 (N=4549), sport or exercise group membership predicted fewer

depression symptoms four years later. This relationship was underpinned by sport or exercise group members engaging in physical activity more frequently and feeling less lonely. In Study 2 (N=635), participants experienced more depression symptoms to the extent that they lost physical access to more sport or exercise groups during COVID-19 restrictions. This relationship was underpinned by increased loneliness. Overall, findings suggest that belonging to groups that engage in physical activity can protect against depression and point to the value of initiatives that aim to promote people's engagement in such groups.

Filip Boen

Social nudging towards the stairs: The impact of group membership

During the major part of our history, humans had no choice but to be physically active. In order to survive, we had to hunt and gather, cultivate the land, or engage in other forms of manual labour that was necessary to earn a living. However, since the technological revolution in the 20th century, most of our jobs and daily activities do not require a sufficient level of health-enhancing physical activity. In addition, because of the increased access to cars, motorcycles and public transport, our active transport to and from those jobs and activities has substantially reduced. As a result, physical activity has become a (un)conscious choice. This choice is most salient when we have to go to the higher floors, since most buildings offer both stairs and elevators/escalators. In promoting stair-use, the nudging approach inspired by Thaler and Sunstein (2008) has focused on making stairs more visible, accessible, and attractive by means of so-called point-of-decision-prompts (e.g., footprints). However, even when the social dimension of such nudges was considered, the potential relevance of group membership has been ignored. We will present a number of intervention studies in different settings (e.g., train stations, shops and companies). These studies aimed to test the effectiveness of stair-use nudges that acknowledge the importance of framing stair-use as a behavioural norm of the group to which participants belonged.

17:00 Jolanda Jetten

Social networks and health: Revisiting Berkman & Syme (1979)

Even though for some decades now health researchers have had a key interest in the role of social factors in determining our health, social factors were not always the focus of attention. Indeed, when researchers set out the task of predicting individual's health, traditionally, researchers focused almost exclusively on healthy living

factors other than social connection. While all of those personal health habits are important when predicting health and who will live longer, the work by Lisa Berkman and Leonard Syme (1979) was one of the first papers that showed not only that people who lacked social connectedness were more likely to die. In this presentation, I will review the Berkman and Syme study and its main findings. Importantly too, their data are under-analysed and I will present further results from their data set that test the importance of social connectedness compared to personal health habits such as obesity, lack of physical exercise and smoking. I will finish by spending a bit of time answering the question that Berkman and Syme were grappling with in their discussion: why would social connectedness predict mortality? This link has recently been theorised and empirically tested by researchers in the social identity tradition (so called 'social cure' research, see for example Haslam et al., 2018) and I will briefly refer to that work to show how the field has advanced since this classic study.

17:20	Conference Close	Followed by Film Premiere and drinks reception at 1745 in Newton Lecture Theatre 4 - Blerina Kellezi <i>Silent Testimonies: The Massacre of Krusha e Madhe</i>
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