

Dr Kate Hamilton-West PhD, C.Psychol, AFBPsS, FHEA

Contact Details

Centre for Health Services Studies, University of Kent, Canterbury, CT2 7NF

Email: k.e.hamilton-west@kent.ac.uk Tel. 01227 823872

Higher Education

BSc. Psychology, with First Class Honours, University of York, 1997

Ph.D. Health Psychology, University of Kent (ESRC Open Competition Studentship), 2003

Postgraduate Certificate in Higher Education (PGCHE), University of Kent, 2007

Professional Accreditation and Awards

Chartered Psychologist (C.Psychol), British Psychological Society, 2004–date

Accredited Supervisor for Health Psychologists in Training, British Psychological Society, 2005–date

Registered Health Psychologist, Health and Care Professions Council, 2009–date

Associate Fellow of the British Psychological Society (AFBPsS), BPS, 2011–date

Fellow of the Higher Education Academy (FHEA), HEA, 2014–date

Skills-based training and CPD

Extensive training and experience in research methods and statistics, including postgraduate training completed as part of ESRC-funded PhD. Extensive and ongoing CPD including training in psychological therapies (CBT and ACT applied to mental and physical health problems and trans-diagnostic sleep problems), Good Clinical Practice, NHS Information Governance and Safeguarding.

Employment History

Oct 2013–date	Senior Research Fellow, Centre for Health Services Studies (CHSS), University of Kent
Sep 2011–Sep 2013	Research Fellow, Centre for Health Services Studies (CHSS), University of Kent
Jun 2012–Oct 2014	Health Psychology Lead for Diabetes Psychology Service, KCA
Sep 2003–Aug 2011	Lecturer in Health Psychology, School of Psychology, University of Kent
Jan 2003–Sep 2003	Researcher, Personal Social Services Research Unit (PSSRU), University of Kent
Dec 1999–Dec 2002	ESRC Doctoral Researcher in Health Psychology, University of Kent
May 1998–Nov 1999	Medical Education and Training Officer, South Thames Deanery and City & Hackney NHS Trust
Sep 1997–Apr 1998	Research Associate in Clinical Psychology, School of Health Policy and Practice, University of East Anglia

Other Appointments/ Advisory Roles

National/ International Level

Committee Member, BPS Division of Health Psychology (2012-date)

Chair of Practitioner Subcommittee, BPS Division of Health Psychology (2012-date)

Chair for symposium on Psychological Approaches to Physical Health Conditions, World Congress on Psychosomatic Medicine, 19-22 August 2015, SECC, Glasgow.

Reviewer for:

National Institute for Health Research

Wellcome Trust

Psychology and Health

British Journal of Health Psychology

Journal of Traumatic Stress

Arthritis Care and Research

Respondent for:

Health and Care Professions Council Consultation on changes to the profession-specific standards of proficiency for practitioner psychologists

British Psychological Society Consultation on Psychology in Physical Health Task Force

British Psychological Society Consultation on Commissioning Guide to Applied Psychology Services for People with Diabetes

Local/ Regional Level

Health Psychology Lead and Quantitative Research Advisor, Research Design Service South East (RDS-SE), National Institute for Health Research (2011-date)

Member of RDS-SE Pre-submission Review Panel (2011-date)

Chair, Kent Surrey and Sussex Health Psychology Network (2009-date)

Member of Project Team for Health Education Kent, Surrey and Sussex (HEKSS) workforce planning: Future primary and community care workforce project (2015-date)

Conference Convenor for:

“Applying Health Psychology in the NHS and Other Health Settings”, Kent, Surrey and Sussex Health Psychology Network Annual Conference, 23rd October 2013, University of Kent, Medway.

“Health Psychology in Public Health and Pharmacy”, Kent, Surrey and Sussex Health Psychology Network Annual Conference, 8th October 2014, University of Surrey, Guildford.

“Developing a Research Career in Health Psychology”, Kent, Surrey and Sussex Health Psychology Network Annual Conference, 11th November 2015, University of Kent, Canterbury.

University Committees

CHSS Senior Staff Group (2013-date)

Research Ethics Committee, School of Psychology (2006-8)

Graduate Studies Committee, School of Psychology (2006-8)

Postgraduate Tutor, School of Psychology (2004-7)

Affiliations/Memberships

Full member of BPS Division of Health Psychology, European Health Psychology Society (EHPS), UK Society for Behavioural Medicine (UKSBM), Association for Contextual Behavioural Science (ACBS)

PhD supervision

Vania Bajic: The impact of music on eating behavior – Sept 2014 to date. (Primary Supervisor)

Sarah Hotham: Attention and eating behaviour: The role of cognitive control – completed 2013 (Co-supervisor with Dinkar Sharma)

Julie Rowe: Shopping for Health? Factors influencing the complementary and alternative medicine treatment choices of patient and non-patient populations – completed 2010 (Primary Supervisor)

James Cane: Implicit processing of smoking related stimuli and the role of attentional bias in smoking lapse episodes – completed 2010 (Co-supervisor with Dinkar Sharma)

Christos Mitsakis: Humour and health: Investigating the specificity hypothesis and possible mechanisms – completed 2008 (Co-supervisor with Derek Rutter)

Teaching Experience

Undergraduate Module Convening and Teaching:

Health Psychology II: Psychobiological Processes in Health and Illness (2004-8)

Introduction to Psychology (2009-10)

Selected Topics in Health and Wellbeing (2010-12)

The Patient/Doctor Consultation (2015-date)

Chief Examiner for Intercalated Management in Primary Care BSc (2015-date)

Postgraduate Module Convening and Teaching:

Advanced Health Psychology II: Psychobiological Processes in Health and Illness (2004-8)

Health Psychology Dissertation (2004-8)

Deputy Director (2004-6) and Programme Director (2006-8) for Health Psychology MSc

External Examiner for PhD in Health Psychology, Warwick Medical School (2012)

Research Grants

*denotes Principal Investigator responsible for gaining the funding and managing the project

**denotes University of Kent Principal Investigator

£1032	“HEAlth Research MattERs (HEAR ME)” Public Engagement with Research Fund, University of Kent	April 2015 to Sept 2015
£11,575	“The postural care training programme – developing a business case on feasibility for commercialisation” Kent Innovation and Enterprise, Ideas Factory Grant	Feb 2015 to July 2015
£3,500	“Review of health behaviour change intervention studies 2010-2014” KCA *	Aug 2014 to Oct 2014
£3493	“The effect of a mindful eating intervention on dieters’ susceptibility to food cues and weight loss”, Faculty of Social Sciences Research Grant, University of Kent.	July 2014 to Dec 2015
£30,000	“Service evaluation of the primary care mental health specialist role” MCCH Society	Jun 2013 to Dec 2014
£33,066	“Understanding the support needs of disabled children and their families in East Kent”, East Kent Hospitals Foundation Trust, Internal Project Grant Scheme.**	May 2013 to Apr 2014
£241,930	“Effectiveness of a postural care education program for parents & teachers of children with physical disabilities” National Institute for Health Research, Research for Patient Benefit Grant***	Sep 2011- Nov 2013
£984.90	“Applying Health Psychology in the NHS and Other Health Settings” Kent Health Strategic Research Development Fund*	Aug 2013 to Oct 2013
£343	“Extending the benefits of IAPT to people with long-term conditions: A study to develop and evaluate a stepped care diabetes psychology service” National Institute for Health Research, Patient and Public Involvement Grant*	Oct 2012- Jan 2013
£16,511	“How do we measure parents and teachers’ understanding of postural care for children with physical disabilities?” East Kent Hospitals Foundation Trust, Internal Project Grant Scheme**	Jul 2010- May 2013
£141,441	“Improving Concordance in Older PEople with Type-2 Diabetes (ICOPE-D)” National Institutes for Health Research, Research for Patient Benefit Grant	Jan 2008- Dec 2009
£1,793	“Physiological responses to positive emotions: testing the undoing effect”,	Sep 2006-

	British Academy Small Grant*	Mar 2007
£1,000	“Pilot test of a benefit finding intervention for cancer patients”, Social Science Faculty Small Grant*	Jun 2006- May 2007

Publications

Articles:

- **Hotham, S., Hutton, E. & Hamilton-West, K.E. (2015).** Development of a reliable, valid measure to assess parents’ and teachers’ understanding of postural care for children with physical disabilities: The (UKC-PostCarD) questionnaire. *Child: Care, Health & Development*
- **Clarke, H., Hedayioglu, J.A., Hotham, S. & Hamilton-West, K. E. (2015)** The Kent, Surrey and Sussex Health Psychology Network 2013 and 2014 conferences. *Health Psychology Update*, 24 (1). pp. 35-37. ISSN 0954-2027.
- **Hotham, S., Hamilton-West, K.E. et al. (2015).** An Evaluation Of The Primary Care Mental Health Specialist Role In Kent And Medway: Final Report. NHS South East Commissioning Support Unit.
- **Hamilton-West, K. E. (2015).** The role of a practitioner health psychologist in a primary care mental health service. *Health Psychology Update, in press.*
- **Hamilton-West, K.E., Smith, K., Grice, K., Smith, J., Vaughan, A., Kolubinski, D. & Kanellakis, P. (2014).** Development of a primary care diabetes psychology service. *Diabetes & Primary Care*, 16, 129-36.
- **Hamilton-West, K.E., Rowe, J.A., Katona, C., King, A.M., Coulton, A., Milne, A.J., Alaszewski, A., Ellis, K. & Pinnock, H. (2013).** A concordance therapy to help older people self-manage type 2 diabetes. *Diabetes & Primary Care* 15: 240–8
- **Hamilton-West, K.E. (2013).** Know how: winning NIHR funding for clinical studies. *Research Professional: Funding*, 30th April, 2013. Retrieved from <https://www.researchprofessional.com/0/rr/funding/know-how/clinical-research/2013/4/know-how-winning-nihr-funding-for-clinical-studies.html>
- **Williams, K. & Hamilton-West, K. (2013).** University students’ help-seeking intentions for the symptoms of meningitis: An application of the Theory of Planned Behaviour. *Health Psychology Update*, 22, 3-8.
- **Hotham, S., Sharma, D. & Hamilton-West, K.E. (2012).** Restrained eaters preserve top-down attentional control in the presence of food. *Appetite*, 58(3), 1160-3.
- **Hamilton-West (2011).** Wie kann die beeinträchtigung der lebensqualität durch den morbus bechterew verringert werden? *Morbus Bechterew Journal*, 124, 4-7.
- **Hamilton-West, K.E. and Katona, C. and King, A. and Rowe, J and Coulton, S. and Milne, A.J. and Alaszewski, A.M. and Pinnock, H (2010)** *Improving Concordance in Older People with Type 2 Diabetes (ICOPE-D)*. Final Report to the National Institute for Health Research. *Annex A. Concordance Therapy Manual [PB-PG-0906-10182]*. Available at: <http://kar.kent.ac.uk/34279>

- **Hamilton-West, K.E. (2010).** Managing the impact of ankylosing spondylitis on the patient and society. *International Journal of Clinical Rheumatology*, 5 (5).
- **Hamilton-West, K.E., Milne, A.J., Chenery, A. & Tilbrook, C. (2010).** Help-seeking in relation to signs of dementia: A pilot study to evaluate the utility of the common-sense model of illness representations. *Psychology, Health and Medicine*, 15 (5). pp. 540-549.
- **Hamilton-West, K.E. & Mallia, C. (2010).** Smoking-related attitudes and perceptions among young adults in Malta and the UK. *Psychology Health and Medicine*, 15. pp. 347-356.
- **Hamilton-West, K.E. & Quine, L. (2009).** Living with ankylosing spondylitis: the patient's perspective. *Journal of Health Psychology*, 14 (6). pp. 820-830.
- **Hamilton-West, K.E. & Quine, L (2007).** Effects of written emotional disclosure on health outcomes in patients with ankylosing spondylitis. *Psychology & Health*, 22 (6). pp. 637-657.
- **Hamilton-West, K.E. (2006).** Factors influencing MMR vaccination decisions following a mumps outbreak on a university campus. *Vaccine*, 24 (24). pp. 5183-5191.
- **Milne, A., Hamilton-West, K.E., and Hatzidimitriadou, E (2005).** GP attitudes to early diagnosis of dementia: evidence of improvement. *Aging and Mental Health*, 9, 449-455
- **Hamilton-West, K.E. (2004).** Krankheitsbewältigung bei Spondylitis Ankylosans. *Morbus Bechterew Journal*, 97, 20-22.
- **Hamilton-West, K.E. (2003)** Coping with ankylosing spondylitis: research findings. *AS News*, July. pp. 3-3.
- **Hamilton-West, K.E. (2003)** Variations in the Costs and Quality of Home Care for Older People, Discussion Paper 2006. PSSRU, University of Kent, Canterbury, Kent
- **Netten, A., Francis, J., Bebbington, A.C. & Hamilton-West, K.E. (2003).** Costs, quality and outcomes. *PSSRU Bulletin*, 14. pp. 12-13.
- **Hamilton-West, K.E. (2002)** Coping research. *AS News*, June. pp. 8-9.
- **Hamilton-West, K.E. & Chryssanthopoulou, C. (2001)** in good health. Report on the British Psychological Society centenary conference. *The Psychologist*, 14 (7). pp. 36-37.

Books:

- **Hamilton-West, K.E. (2011).** *Psychobiological Processes in Health and Illness*. London: Sage Publications Ltd.

Chapters:

- **Hamilton-West, K.E. (2012).** Your Life Has Started Already - Be Quick or You'll Miss the Show! In Lyron, J. (Ed.). *Hugh Manitee's Book of Memes*. Retrieved from: <http://www.amazon.co.uk/Hugh-Manitees-Book-Memes-Change-ebook/dp/B00HX1T910>

Online Training Resources:

- **Hamilton-West, K.E. (2015)** Helping Patients to Self-Manage their Long Term Conditions:

Evidence-based approaches [Powerpoint file]. <https://kar.kent.ac.uk/47841/>

- **Hamilton-West, K.E. (2015)**. Helping Patients to Self-Manage their Long Term Conditions: Evidence-based approaches [video file]. <https://www.youtube.com/watch?v=0hClSg3Rbp4>
- **Hamilton-West, K.E. et al. (2012)**. The Psychology of Diabetes. [online training programme]. <http://diabetes.kca.org.uk/>

Invited Talks and Seminars

- April 2015 *Helping Patients to Self-Manage their Long Term Conditions: Evidence-based approaches*. Invited Inaugural Presentation to the Kent Academic Primary Care Unit, University of Kent.
- March 2015 *Securing Funding for and Running NIHR Studies*. Invited Talk to Kent Community Health Trust, Ashford.
- April 2014 *Securing Funding for and Running NIHR Studies*. Invited Talk at the NIHR Funding Information Day, University of Kent.
- October 2013 *Developing an NHS Diabetes Psychology Service*. Invited Talk at the Kent Surrey and Sussex Health Psychology Network Annual Conference, University of Kent.
- April 2013 *Securing Funding for and Running NIHR Studies*. Invited Talk at the NIHR Funding Information Day, University of Kent.
- March 2013 *The KCA Diabetes Psychology Service*. Invited Talk to the Medway Diabetes UK Support Group.
- May 2012 *The role of the autonomic nervous system in the mind-immunity interaction*. Invited Seminar, Confer Seminar Series, The Tavistock Centre, London.
- Jan 2011 *Improving Concordance in Older People with Type 2 Diabetes: The ICOPE-D Study*. Invited Talk to the Department of Psychology, Royal Holloway University of London.
- Nov 2010 *How to set up local networks and the benefits that such networks can provide*. Invited Talk at the BPS London Office.
- Nov 2010 *Psychology and Diabetes*. Invited Talk to the Diabetes UK Tunbridge Wells and District Support Group.
- May 2010 *Living with Diabetes*. Invited Talk to the Diabetes UK Bromley Support Group.
- March 2010 *Health Psychology Research: A brief summary and discussion of possible synergies*. Invited Talk to Kent Business School.
- June 2009 *Psychological processes relevant to early diagnosis and intervention in dementia*. Invited talk at the QEOM Hospital Postgraduate Centre, Maidstone.
- Aug 2006 *Factors affecting diabetes outcomes; the role of illness representations, coping and wider life beliefs*. Invited talk at Rutgers University, New Brunswick.

May 2006 *The psychology of coping with chronic illness*. Invited Talk at the Maidstone Hospital Postgraduate Centre.

Conference Presentations

Hamilton-West, K.E. (2015). Applying the Common Sense Model to Diabetes. World Congress on Psychosomatic Medicine, 19-22 August 2015, SECC, Glasgow.

Hotham, S., Hamilton-West, K. E. & Hutton, E. et al. (2014). An evaluation of a postural care training package: Improving self-efficacy in parents and teachers who care for a physically disabled child. Division of Health Psychology Annual Conference (DHP), 10-12 September 2014, Park Inn Hotel, York.

Hotham, S., Hamilton-West, K. E. & Hutton, E. et al. (2013). A study in to the effectiveness of a postural care education program aimed at improving self-efficacy in carers of a physically disabled child. Division of Health Psychology Annual Conference (DHP), 11-13 September 2013, Holiday Inn, Brighton.

Hotham, S., Sharma, D., & Hamilton-West, K. E. (2012) Restrained eaters preserve top-down attentional control in the presence of food. Consortium of European Research on Emotion (CERE), 2-5 May, University of Kent.

Rowe, J. R., Coulton, S., Pinnock, H., Brice, R., Ellis, K., Jones, P., Katona, C., King, A., Hamilton-West, K. & Thompson, S. (2009). Improving concordance in older people with Type-2 diabetes. Annual Conference of the European Health Psychology Society (EHPS), Pisa, 23-26

Milne, A., Hatzidimitriadou, E. & Hamilton-West, K. (2004) GP Attitudes to Early Diagnosis of Dementia: Evidence of Improvement. Annual Conference of the British Society of Gerontology, Surrey, September 9-11, 2004.

Hamilton-West, K. & Bridle, C. (2004) Effects Of Written Emotional Disclosure Following Residential Fire: Triple Blind Randomised Controlled Trial. Annual Conference of the BPS Division of Health Psychology, Edinburgh, Sept 8-10, 2004.

Hamilton-West, K. & Bridle, C. (2004) The Impact of Residential Fire on Student Well-Being: Evaluating the Effects of a Written Emotional Disclosure Intervention. Stress and Anxiety Research Society Annual Conference, Amsterdam, July 8-10, 2004.

Hamilton-West, K., & Quine, L. (2003). Coping with Ankylosing Spondylitis. Annual Conference of the BPS Division of Health Psychology, Staffordshire University, September, 3-5.

Hamilton-West, K., & Quine, L. (2001). Coping with Stress and Illness II. British Psychological Society Centenary Conference, Glasgow, March 28-31.

Hamilton-West, K., & Quine, L. (2000). Coping with Stress and Illness. Annual Conference of the BPS Division of Health Psychology, Canterbury, September 6-8.

Career Breaks

I have taken career breaks in 2005 and 2008 (maternity leave) and worked part-time since 2008.