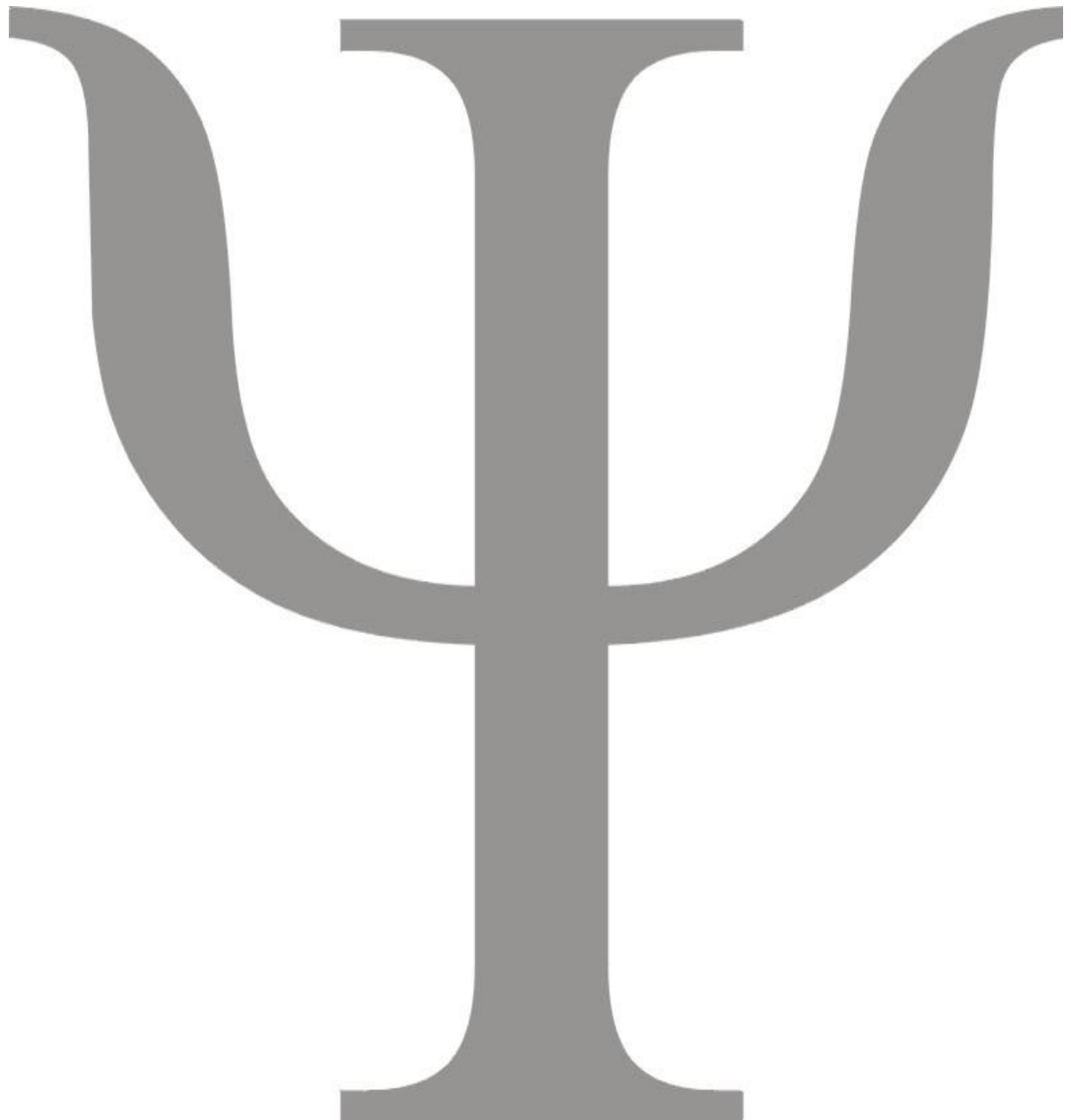


**PROGRAMME OF VISITING SPEAKERS  
FOR THE SPRING TERM 2015**



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## **Programme of Visiting Speakers for the Spring Term 2015**

**Time of seminars: Thursdays at 16.00 in  
Room 1087 Level 1, Shackleton Building**

**Tea will be served from 15.45 in room 1087  
Level 1, Shackleton Building**

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|-----------------|---|
| 5 February 2015 | <b>Dr Benjamin Gardner</b><br>What is 'habit', and how can it be used to understand and change health behaviour?                    |
| 23 April 2015   | <b>Dr Yori Gidron</b><br>Cognitive & neuromodulation of health & disease: The chicken, the egg and all what is between.             |
| 30 April 2015   | <b>Dr Agnieszka Golec</b><br>Collective narcissism and intergroup hostility.  |
| 14 May 2015     | <b>Dr Sarah Halligan</b><br>Postnatal depression, parenting and child outcomes: considering developmental pathways to disorder.     |
| 21 May 2015     | <b>Dr Hans Ijzerman</b><br>The role of social thermoregulation in psychological functioning.  |
| 28 May 2015     | <b>Dr Vivian Vignoles</b><br>West versus East": Global variation in cultural models of selfhood.                                    |
| 4 June 2015     | <b>Professor Vera Hoorens</b><br>Self-superiority beliefs: The debate between self-enhancement and cognitive egocentrism revisited. |
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## **ACADEMIC UNIT OF PSYCHOLOGY**

### **VISITING SPEAKERS PROGRAMME FOR THE SPRING TERM 2015**

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***Dr Benjamin Gardner, King's College London  
(44/1087)***

#### **What is 'habit', and how can it be used to understand and change health behaviour?**

The term 'habit' - broadly defined as an automatic response to contexts, based on learned context-response associations - is commonly used to predict, understand and change health behaviour. This talk describes recent developments in habit theory and application, and argues that the concept has been inadequately conceptualised within health psychology. A definition of habit as a process that automatically generates impulses towards action is outlined, and novel research directions arising from this definition discussed. A set of principles for applying habit-formation to the design and evaluation of health behaviour change interventions are offered, alongside evaluation of recent interventions that have used the habit-formation model as a strategy for changing health behaviour.

***Dr Yori Gidron, Free University of Brussels  
(44/1087)***

#### **Cognitive & neuromodulation of health & disease: The chicken, the egg and all what is between**

Health psychology and cognitive neurosciences have lots to offer to each other. My talk will present three examples of cognitive and neuromodulation of health & disease. First, I will introduce the possible role of the vagus nerve in cancer modulation, and in decision making. This nerve modulates multiple systems which are etiological to chronic diseases, hence it may have a protective role. It also projects to the brain, hence it could affect and be modulated by higher brain regions. Data on the prognostic role of vagal nerve activity (indexed by heart-rate variability) in cancer will be shown. Effects of vagal activation on decision making will also be shown. Second, I will show

how left hemispheric lateralization (HL) may protect against the adverse effects of negative life events on mental health. New data from a war zone will be shown. Finally, I will introduce the method of “psychological inoculation” – (PI, introduced to me by a famous Greek “self-psychology” scholar). PI is a cognitive method in which people are exposed to exaggerated sentences which reflect their barriers for behaviour change, they then must refute. Data showing, that PI alters health behaviours much more effectively than health education, will be demonstrated, in domains of physical activity, smoking prevention and traffic safety. Finally, limitations and suggestions for future research will be given.

***Dr Agnieszka Golec, Goldsmiths, University of London  
(44/1087)***

### **Collective narcissism and intergroup hostility**

An inflated belief in one’s own superiority and the need of its constant recognition and validation by others are characteristic for narcissism. This narcissism is collective when the superiority beliefs concern an in-group rather than individual. Our research shows that collective narcissism predicts retaliatory intergroup hostility when in-group’s inflated image is threatened by others. Collective narcissism predicts intention to harm the threatening out-group but no other out-groups. The relationship between collective narcissism and intergroup hostility is mediated by the perception of in-group criticism as personally threatening. These studies indicate that Threatened Egotism Theory can be extended into the intergroup domain. In addition, collective narcissism predicts the perception of ambiguous actions of others as offensive. This perception mediates the relationship between collective narcissism and intergroup hostility.

***Dr Hans Ijzerman, Tilburg University  
(44/1087)***

### **The role of social thermoregulation in psychological functioning.**

One of the most striking features of animal sociality is the tendency to regulate each other’s temperature. This ability has received wide coverage across different animal species, and has become known as social thermoregulation. In fact, in rodents, social thermoregulation is only one of two supported causes for group living (risk avoidance is the other; Ebensberger, 2001). In humans, normal development to adulthood depends on the ability to regulate one’s temperature, and the inability to do so means certain death. Despite the crucial role of social thermoregulation in animal sociality and in human survival, the concept of social thermoregulation has not been extended to higher order cognitive functioning in humans. In this talk, I will outline the role of social thermoregulation in three important domains of psychology: Emotion theories, attachment theory, and self regulation. I will rely on

economy of action perspectives and the hierarchical organization of the mind in order to understand just why social thermoregulation is so critical in human functioning.

***Dr Vivian Vignoles, University of Sussex  
(44/1087)***

### **“West versus East”: Global variation in cultural models of selfhood**

Markus and Kitayama's (1991) theory of independent and interdependent self-construals has massively influenced social/personality and developmental psychology by highlighting the role of culture in psychological processes. However, research has relied excessively on North American and East Asian samples, and commonly-used explicit measures of independence and interdependence regularly fail to show the predicted cultural differences between “Western” and “Eastern” participants. We revisited the conceptualization and measurement of independent and interdependent self-construals in two large-scale multinational studies, using improved methods for cross-cultural research. Thus, we developed (Study 1: N = 3541 students in 16 nations) and validated (Study 2: N = 8184 adults from 63 cultural groups in 35 nations) a cross-culturally grounded conceptual and measurement model contrasting seven ways of being independent or interdependent. Patterns of global variation support some of Markus and Kitayama's predictions, but a simple contrast between independence and interdependence does not adequately capture the diverse models of selfhood that prevail in different world regions. Cultural groups combine different ways of being both independent and interdependent, depending on individualism-collectivism, national economic development, and religious heritage. Our seven-dimensional model will allow future researchers to predict more effectively how cultural models of selfhood affect psychological processes in different parts of the world.

***Professor Vera Hoorens, Katholieke Universiteit Leuven  
(44/1087)***

### **Self-superiority beliefs: The debate between self-enhancement and cognitive egocentrism revisited**

When judging themselves as compared to others, people report that they are in many respects superior. Motivational and cognitive explanations for self-superiority beliefs have been proposed, with cognitive explanations currently being dominant. The most prominent motivational explanation states that self-superiority beliefs serve a self-enhancement motive in that they serve to enhance one's feelings of self-worth. The most prominent cognitive explanation, the cognitive egocentrism hypothesis, states that self-superiority biases derive from the differential accessibility of or differential focus on self-versus other-related information. I present correlational and experimental

evidence from a set of studies that were designed to pit cognitive egocentrism and self-enhancement against each other. Whereas the pattern of correlations between relative self-judgments, absolute self- and other-judgments, and self-esteem scores was consistent with both explanations, experimentally induced self-threat affected self-superiority beliefs following the pattern predicted by the self-enhancement hypothesis only. The self-enhancement motive does drive self-superiority biases.

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Lectures are held in 1087 on  
Level 1 in Shackleton Building 44 on Thursdays at 16.00.

You are most welcome to come to tea  
which is served at 15.45.

For any enquiries about the Lecture Programme please contact  
Sue McNally (023) 80 59 5150 or Allyson Marchi (023) 8059 9645  
or by emailing [S.McNally@soton.ac.uk](mailto:S.McNally@soton.ac.uk) or [A.Marchi@soton.ac.uk](mailto:A.Marchi@soton.ac.uk)

If you wish to find out more about the  
School of Psychology, you might like to visit our website  
<http://www.soton.ac.uk/psychology/>  
as this describes research currently in progress.

Please note that all staff and students are most welcome to attend the lectures.

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