

# WOLFSON INSTITUTE OF POPULATION HEALTH NEWSLETTER ISSUE 59: 24 July 2024

In this issue of our Wolfson Institute of Population Health Newsletter, we celebrate achievements and work of staff and students in July.

## FROM OUR DIRECTOR

Dear Colleagues

We are delighted to announce that, following an external competitive process, Sabari Vallath has been appointed to the post of WIPH Institute Manager. Sab will take on the post from 1st August.

We had a very strong field, but Sab impressed us enormously with his enthusiasm for the role, experience and skills. Many of you will know Sab from his most recent role as Faculty Research Manager, where he has been supporting PIs with many strategic research programmes. Prior to this post, Sab was Deputy Institute Manager for the Barts Cancer Institute.

With a background of research in Cancer Studies, experience of operations and research management, Sab brings a broad skill set and a wealth of knowledge, which will be extremely valuable.

Please join us in congratulating Sab and welcoming him to WIPH!

Enjoy your summer break and please make the most of having a bit of a rest.

With best wishes

Fiona



## MEET WIPH

**MEET – LAURA MARLOW (SENIOR RESEARCHER, CCSPED)**

**How would you describe your roles and responsibilities?**

I'm a senior researcher leading work on behavioural science in Multi-Cancer Early Detection screening. This includes studies embedded within the NHS-Galleri trial, assessing the psychological impact of receiving a positive MCED test (qualitative and quantitative). I also collaborate on several research projects exploring inequalities in cancer screening and developing interventions to address these.

**What has been your greatest professional achievement?**

Having an impact on public health decisions (one of my studies supported the decision to introduce HPV vaccination at the age of 12/13 years) and working with stakeholders to develop evidence-informed resources for the NHS Cervical Screening Programme, including training courses for health professionals and health information for patients.

**What aspects of your role do you enjoy the most?**

Supporting PhD Students through their first experiences with designing, running and reporting research studies. The process itself is not rocket science, but is incredibly overwhelming for lots of students. It's so rewarding to see them step back at the end of the process and say: 'I did that'.

**What would be your second choice as a profession?**

I became interested in psychology at 15, and planned to train for clinical work. My first RA job was supposed to be a stop gap - but I loved the research process, and never left!

**What do you enjoy doing outside work?**

Listening to cheesy 80s music, going to the theatre, driving to the coast for a walk by the sea - particularly in the winter when it's windy.

**Something most people don't know about you?**

How grateful I am to still have a job doing what I love!

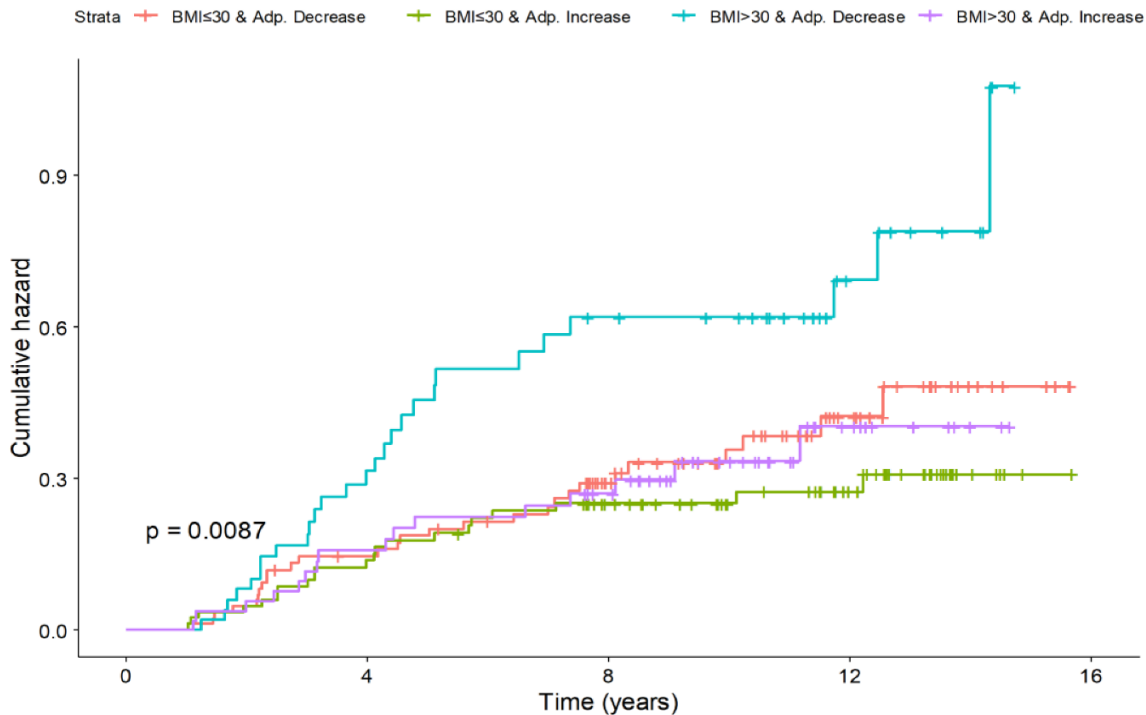


**GENERAL INSTITUTE NEWS**

**Role of adiponectin in relationship between obesity and breast cancer**

30 June (Ivana Sestak, Jack Cuzick, Andrea DeCensi. Centre for Cancer Screening, Prevention and Early Diagnosis)

A cohort study investigates whether adiponectin mediates the effect of body mass index (BMI) on postmenopausal breast cancer (BC) risk. Obesity is a known risk factor for postmenopausal BC. Results using baseline and 1yr serum samples from 123 cases and 302 matched controls from the placebo arms of the IBIS-II Prevention Trial show that both the 1yr adiponectin increase and BMI were associated with BC risk, with a 40% reduction in risk in women with a 1yr adiponectin increase. A significantly higher cumulative hazard of BC events was observed in obese women (BMI >30) with decreased adiponectin. Authors conclude that raising adiponectin levels might be an attractive target for postmenopausal BC prevention.



## European Health Economics Association 2024 Conference

30 June - 3 July (Anya Jacobs, Tooba Hamdani. Centre for Evaluation and Methods)

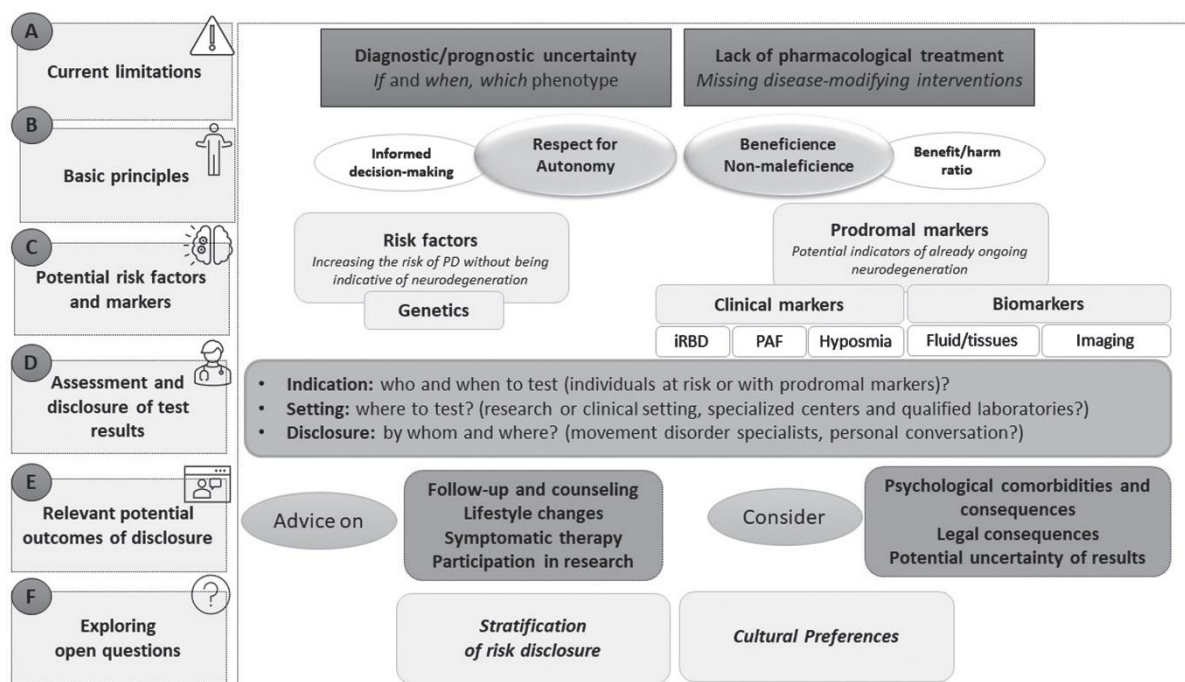


CEM PostGrad students Anya Jacobs and Tooba Hamdani attended the European Health Economics Association 2024 conference in Vienna, Austria. Tooba presented on *Impact of cardiovascular disease events on health-related quality of life: A study in UK Biobank* and Anya spoke about her work on *Developing a health economic framework for assessing asthma management strategies in UK primary care using large population health data*. Both report that they received valuable feedback from the broader Health Economics community.

## Identifying prodromal Parkinson's disease: Ethical considerations

4 July (Alastair Noyce. Centre for Preventive Neurology)

A narrative review of the literature on prognostic counselling and risk disclosure in prodromal/early phase Parkinson's disease (PD) discusses if and how test results should be communicated to patients. Previous studies show that many people with early PD symptoms would like to know their risk. This review considers unanswered questions such as impact on personal circumstances, cultural preferences, and specific challenges associated with different profiles of prodromal symptoms, genetic testing or biomarker assessments. Authors say that global recruitment of prodromal cohorts offers opportunities to involve those affected in the process at an early stage, and determining the wishes of patients to address these challenges and open questions in the future is imperative.



## Centre for Public Health and Policy Away Day

4 July

The CPHP Away Day on 4 July brought together staff from across all 4 units. In the first session, Centre Lead Lola Oyeboode presented the CPHP staff survey results and gave an overview of events over the past year. Throughout the day staff took part in small group work, and a PechaKucha presentation challenge in which they were encouraged to present a topic of their choice - won by Richard Roach, project coordinator in the Global Public Health Unit. The day concluded with a stakeholder engagement task, in which attendees were split into smaller groups and asked to analyse, plan, implement and evaluate the Centre's engagement with its key stakeholders. The feedback from this session will be incorporated into the Centre's future collaboration with stakeholders.





## New Lancet Ovarian Cancer Commission

9 July (Ranjit Manchanda. Centre for Cancer Screening, Prevention and Early Diagnosis)

Congratulations to Ranjit Manchanda, who has accepted an invitation to join the new Lancet Ovarian Cancer Commission. The Lancet programme of Commissions aims to identify the most pressing issues in science, medicine and global health, with the aim of providing recommendations that change health policy or improve practice. Ranjit will take up his role as a member of the Commission from the date of the first meeting, to be held at the end of the month.



# THE LANCET

## Soft drinks tax success shows expansion to other food & drinks a 'no brainer'

9 July (Kawther Hashem. Centre for Public Health and Policy)



### Children's sugar consumption halved since tax announcement, study finds

Experts say success with soft drinks shows expansion of tax to cover other foods and drinks is a 'no brainer'

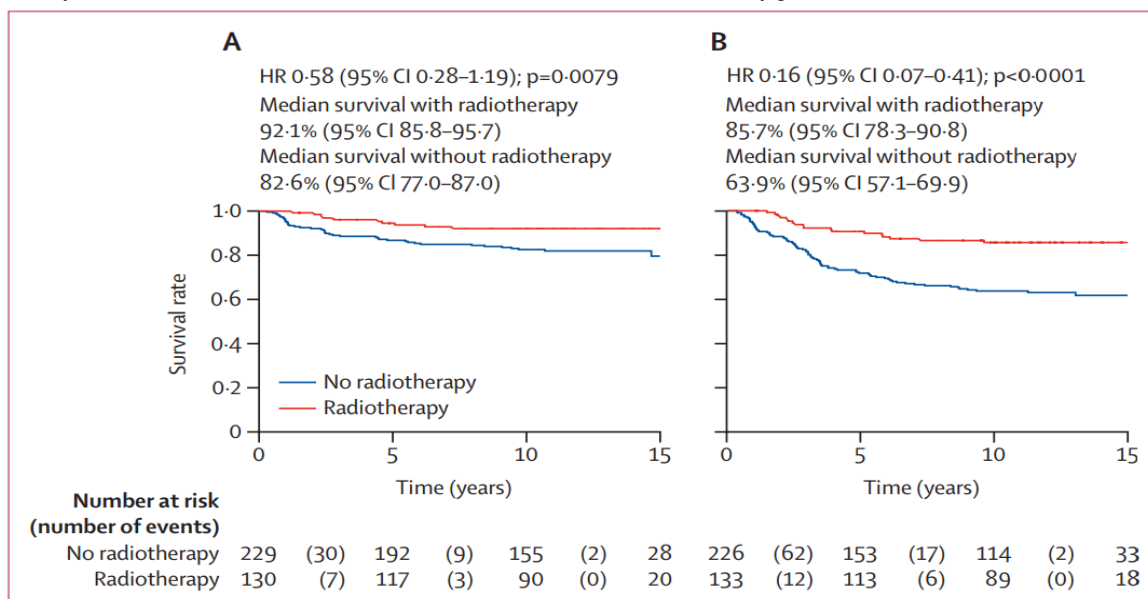


Commenting on results from a Cambridge University study showing that the UK soft drinks industry levy (SDIL) led to reductions in consumption of dietary free sugars in adults and children, Kawther Hashem said that the analysis showed the SDIL to be 'an effective lever to encourage food and drink manufacturers to reduce sugar'. Quoted in the Guardian, she said that 'With a new government now in place, policymakers are urged to consider applying a similar levy to other discretionary products that are key contributors to sugar intake, such as chocolate confectionery, to shift diets towards a healthier direction'. Kawther was also interviewed on the BBC news channel and LBC radio.

## Prognostic and predictive role of tumour infiltrating lymphocytes for DCIS

9 July (Mangesh Thorat, Jack Cuzick. Centre for Cancer Screening, Prevention and Early Diagnosis)

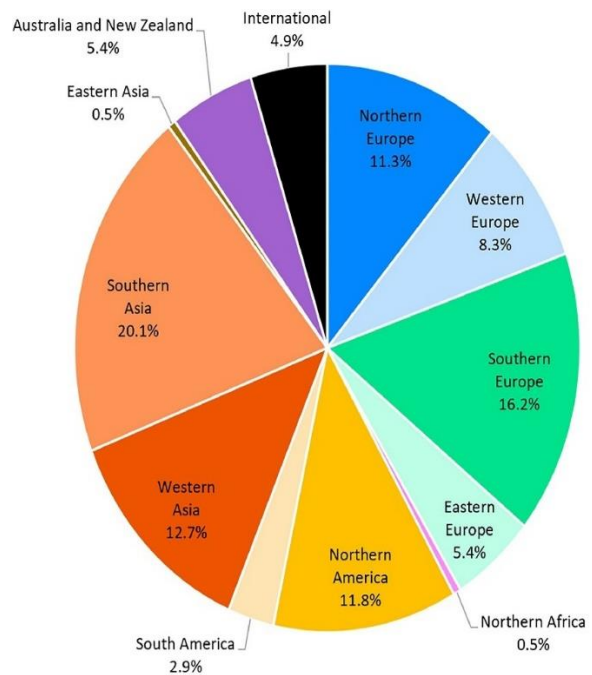
Using randomised data from the UK/ANZ DCIS trial, a new study confirms the role of Tumour Infiltrating Lymphocytes (TILs) measured using an Artificial Intelligence (AI) based tool (CPath TILs) in predicting long-term outcomes for Ductal Carcinoma in Situ (DCIS). Results show that a high density of TILs is associated with a 3-fold higher risk of progression to invasive breast cancer, and that tumours with a high TIL cell density derive greater benefit from adjuvant radiotherapy. The findings provide a new way to help distinguish and identify those women with DCIS who would benefit from radiation therapy over and above surgery from women who could be spared overtreatment in the form of radiation therapy.



## Diversity and representation in literature on sexual dysfunction in MS

(9 July. Rachel Horne, Ruth Dobson. Centre for Primary Care)

A systematic review of 204 studies reporting sexual dysfunction in people living with MS finds that sex, gender identity, sexual orientation, and ethnicity are poorly reported. The overwhelming majority of studies (88.7%) did not report participant ethnicity or race, and participants were asked their gender in only 9.3% of studies. No studies reported asking a two-step question on sex and gender identity, or including non-binary patients or gender identities other than male or female. Only 4.9% of studies reported the inclusion of homosexual or bisexual participants, or participants from other sexual minority groups. Authors call for these variables to be adequately evaluated to ensure research applies across diverse MS patient populations.



### Genes & Health annual Industry Consortium Event

9-10 July (Sarah Finer, Rohini Mathur, Annum Salman, Saeed Bidi, Caroline Morton, Moneeza Siddiqui, Genes & Health team. Centre for Primary Care)

The Genes & Health annual Industry Consortium Event, chaired by co-leads Richard Trembath, David Van Heel, and Sarah Finer, and organised by Director of Business Operations & Partnerships, Marie Spreckley, was held over 2 days at the Garrod Building. The event provided a fantastic opportunity for the team to connect with its national and international industry partners and learn about collaborative ongoing research utilising Genes & Health data. Together with their partners, Genes & Health are making significant strides in genetic research to help improve health outcomes for their volunteer communities, and are looking forward to opportunities for more notable collaborations in the future.



### Mental Health impact of war on children in Ukraine

10 July (Dennis Ougrin. Centre for Psychiatry and Mental Health)





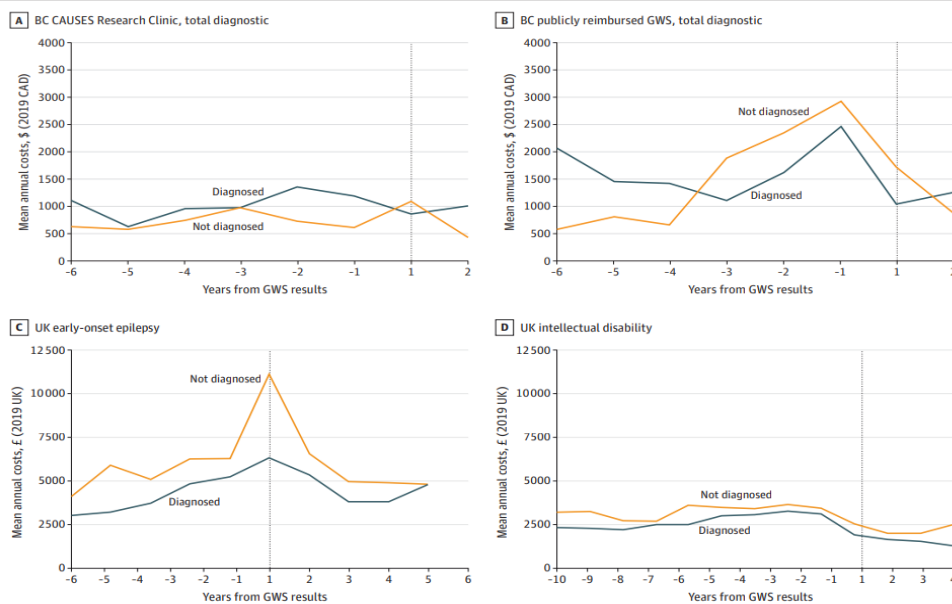
In an interview for Sky News, Dennis Ougrin discussed the mental health impact of the war on Ukrainian children. He noted that over 40% of children in Ukraine currently have symptoms of post-traumatic stress disorder (PTSD), and that the prevalence of PTSD in children is highest in Kiev and in the east of the country.

## Health costs after genome wide sequencing in children with rare diseases

10 July (James Buchanan. Centre for Evaluation and Methods)

A cohort study, using data on 7775 children in England and 195 in Canada with a suspected rare disease, finds that diagnosis from genome wide sequencing (GWS) is not associated with changes in health care costs. Study participants were children with developmental/ seizure disorders undergoing GWS between 2014 and 2019, and outcomes were measured as annual health care and diagnostic costs per child. Prior studies reported cost savings associated with GWS. Authors conclude that sustainable clinical implementation of GWS must be motivated by evidence of patient and family benefit and cost-effectiveness, rather than promises of cost savings from earlier diagnosis.

Figure 2. Unadjusted Annual Total Cost Trajectory Across Cohorts by Diagnosis



## Ministerial visit to WIPH Stop Smoking Service

11 July (Health and Lifestyle Research Unit. Centre for Public Health and Policy)

On his first ministerial visit, Andrew Gwynne met staff and patients at the CPHP Health and Lifestyle Unit Stop Smoking Service. The new minister for Public Health and Prevention told the team at Stayners Road that their 'brilliant

**Department of Health and Social Care** @DHSCgovuk

Prevention is better than cure. This government will shift the focus of healthcare from simply treating sickness to preventing it in the first place.

On his first visit as Health Minister @GwynneMP met staff @QMULQuitSmoking who help smokers to quit for good.



work' was 'transforming lives', and that 'We need people to give up!'. The DHSC has posted a [video](#) of the visit on their social media.



## Black Health Legacy: Wellcome Discovery Award Project Launch

11 July (Sarah Finer, Veline L'Esperance. Centre for Primary Care)

The launch event for this recently-funded 8yr Wellcome Discovery Award: *Towards a type 2 diabetes precision diagnosis approach with glycated haemoglobin (HbA1c) measurement*, held in the Perrin Lecture Theatre, brought together the QMUL-Exeter research team, collaborators, advisory board, and PPI partners (Caribbean and African Health Network). The team shared pilot data on the impact of genetic variants (eg. G6PD and PIEZO1) on HbA1c and diabetes outcomes, and their disproportionate impact on Black African and Caribbean and south Asian people. The next steps are to build on existing studies, including Genes & Health, and to start a new cohort, *Black Health Legacy*, to study this further, leading to better health outcomes and fairer treatment for everyone at risk of or living with the condition.



## Regional inequalities: patient satisfaction in the GP-Patient Survey

11 July (John Ford, Cam Appel. Centre for Primary Care)



An analysis of results from the latest GP Patient Satisfaction Survey shows that overall patient satisfaction with general practice has improved slightly since 2023, but is still substantially lower than it was pre-pandemic. In the article in *Pulse*, CPC researchers note stark inequalities in quality, funding and workforce across the country, and that initiatives are needed to improve

## Analysis: GP Patient Survey lays bare stark regional inequalities



recruitment and retention of practice staff in socio-economically disadvantaged areas, with additional resources to help practices support an increasing volume of social problems, such as housing and welfare. Over the long-term they say that the Carr-Hill formula should be reviewed to include deprivation and focus on achievement of outcomes rather than activity. They conclude that inequalities in patient satisfaction are not inevitable, but require fundamental changes to the structures within general practice funding, workforce and workload.

### Effect of nasal sprays on acute respiratory illness

11 July (Beth Stuart. Centre for Evaluation and Methods)

To assess the effect of nasal sprays or a behavioural intervention on length of respiratory illnesses and antibiotic use, an RCT randomised 13,799 UK general practice patients with  $\geq 1$  risk factor increasing their risk of adverse outcomes due to respiratory illness, to usual care (brief advice about managing illness), gel-based nasal spray, saline nasal spray, or the behavioural intervention (access to a website promoting physical activity and stress management). The mean number of days of illness were 6.4 for the saline spray group, 6.6 for gel-based spray, 7.4 for behavioural intervention, and 8.2 for usual care. Compared with usual care, antibiotic use was lower for all interventions (IRR 0.65). Authors say these simple, scalable interventions could have an important role in reducing the impact of respiratory viruses.

BBC

Sign in

NEWS

### Nasal sprays could stop illnesses progressing



### Exposure to second hand vaping: risks far lower than from cigarettes

11 July (Peter Hajek. Centre for Public Health and Policy)

MailOnline

Peter Hajek provided expert comments on a new study from UCL researchers

**Passive vaping: Children exposed to second-hand nicotine smoke from vapes, first-of-its-kind study proves... but risk is far lower than cigarettes**



showing that children exposed to second-hand vaping had 84% less nicotine in their systems compared with those exposed to second-hand cigarette smoking. Peter told the Mail: ‘The study confirms that, as expected, the amount of nicotine exhaled by vapers, that children and other bystanders are exposed to, is negligible. Passive vaping is unlikely to pose any health risks’.

**British Gynaecological Cancer Society Annual Scientific Meeting**

12 July (Ranjit Manchanda, Subhasheene Ganesan, Sam Oxley, Rachel Perfect, Jacqueline Sia, Xia Wei, Michail Sideris, Rachel Perfect. Centre for Cancer Screening, Prevention and Early Diagnosis)

In the Screening and Prevention session on day 2 of the 2024 BGCS Annual Scientific Meeting in Liverpool, Ranjit Manchanda delivered a talk entitled: *Ovarian cancer: have we given up?*. Subhasheene Ganesan, Sam Oxley, Rachel Perfect, Jacqueline Sia, Xia Wei, and Michail Sideris from the CCSPED Women’s Precision Prevention Group presented posters at the meeting. The focus of this year’s meeting was The Paradigm shift in the Management of Gynaecological Cancers.



**CPN Global Parkinson’s Genetics Program (GP2) team in Malaysia**

11-16 July (Alastair Noyce, Sumit Dey, Teresa Perinan, Kajsa Atterling Brolin. Centre for Preventive Neurology)

A CPN Global Parkinson’s Genetics Program (GP2) team travelled to Kuala Lumpur for a series of events taking place over 6 days. The schedule included a regional GP2 meeting, followed by 2 days at the International Parkinson and Movement Disorders Society Science School in Genetics of Movement Disorders, and a final 2 days running a GP2 bioinformatics training workshop for participants from 9 different countries. GP2 is a resource program of the Aligning Science Across Parkinson’s (ASAP) initiative, focused on improving understanding of the architecture of Parkinson’s disease (PD), and making this knowledge globally relevant. GP2 is recruiting >200,000 PD patients globally (including >75,000 from Asia, Africa, and Latin America) to better understand the genetic basis of PD. In 2024 the Training and Networking group are delivering 6 research methods and bioinformatics workshops in different countries, and GP2 will hold regional investigator meetings in Colombia, Malaysia and Morocco.





### **Cancer Research UK - A Day in the Life Feature**

12 July (Hannah Drysdale. Centre for Cancer Screening, Prevention and Early Diagnosis)



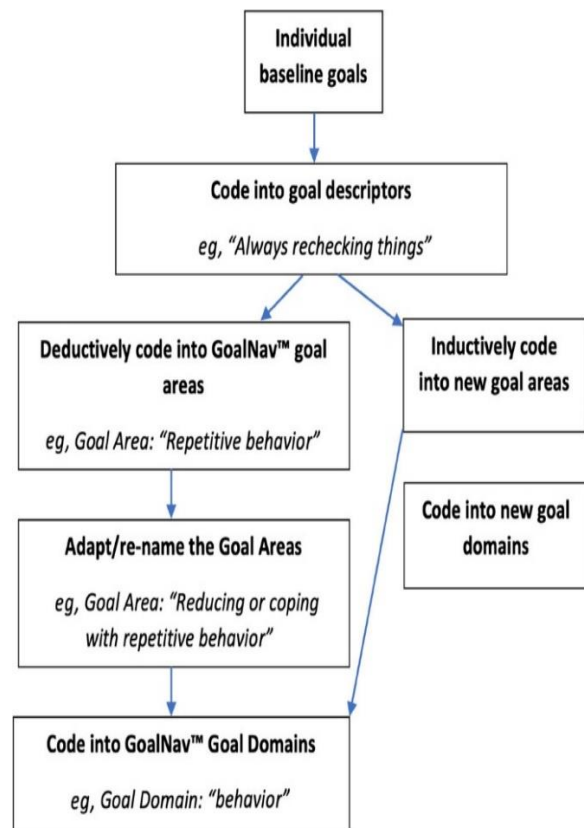
PhD student Hannah Drysdale features in a CRUK [instagram](#) 'day in the life' video, providing an overview of her research on investigating ways to reduce inequalities and barriers in cervical screening. She discusses the option of self-sampling, and her data collection methods, including interviews and qualitative analysis, which involve going through interview transcripts, coding the data, and creating themes to see how people's experiences of cervical screening can be improved.

### **Personalized goals of people living with dementia and their family carers**

15 July (Jessica Budgett, Sedigheh Zabihi, Claudia Cooper. Centres for Psychiatry and Mental Health/Preventive Neurology)



To assess the feasibility of baseline goal setting in the New Interventions for Independence in Dementia Study (NIDUS)-family study, researchers use goal attainment scaling (GAS) as the primary outcome. Training was developed for nonclinical facilitators to set individualized GAS goals remotely with people with dementia, their families, and carers. Facilitators were successfully trained to set and score GAS goals, and 313/328 participants (95%) were able to collaboratively set 3 to 5 goals with facilitators. Authors conclude that GAS can capture meaningful priorities of people with dementia and their family carers, and that it is feasible for people without clinical training to set GAS goals. GAS has potential to facilitate personalization of care and support interventions (such as NIDUS-family) and the roll out of more personalized care.



## BMI variability and cardiovascular outcomes in type 2 diabetes

16 July (Moneeza Siddiqui. Centre for Primary Care)

# SOPHIA

Stratification of Obese Phenotypes to Optimize Future Obesity Therapy

A study using data from cardiovascular outcome trials and a real-world data source finds that, among people with type2 diabetes, increased BMI variability is an independent risk factor for adverse cardiovascular outcomes. Using the 3P-MACE outcomes combination of 1st major adverse cardiovascular event of non-fatal stroke, non-fatal myocardial infarction, and cardiovascular death as the primary outcome, researchers analysed BMI variability in the Harmony Outcomes, REWIND and EMPA-REG OUTCOME trials, and in real world data from the Tayside Bioresource. An increase in BMI variability was associated with increased 3P-MACE risk in the Harmony Outcomes and REWIND trials, and in the Tayside Bioresource data. Authors say future research should aim to establish a causal relationship between BMI variability & cardiovascular

outcomes. The study was conducted as part of the SOPHIA project.



### **UKRI Creating Opportunities Evaluation Development Fund award**

16 July (Jennifer Lau. Centre for Psychiatry and Mental Health)

A project to tackle youth loneliness in urban areas, led by Jennifer Lau, has received a UKRI Creating Opportunities Evaluation Development Fund award, as part of a £9.7million package for 17 projects to tackle regional disparities across the UK. The award will fund a collaboration with The Great Friendship Project to explore the impact of their intervention on well-being, community connectedness and loneliness in young adults. The Great Friendship Project has supported >36,000 young adults to connect and build lifelong friendships through low-cost/free community activities. This evaluation will explore the feasibility, acceptability and cost effectiveness of the approach to potentially build a case for scale up in other UK cities. The UKRI-funded project will be conducted in collaboration with the University of Exeter.



**UK Research  
and Innovation**



### **Hospital dental extractions in NE London 3x more likely in children from deprived areas**

16 July (Nicola Firman, Carol Dezateux. Centre for Primary Care)



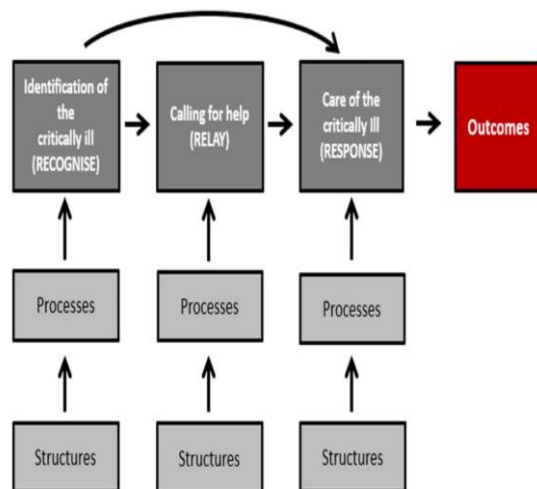
A study of 600,000 5-16yr olds in NE London finds that those living in high deprivation areas are 3x more likely to require a hospital dental extraction than children living in more affluent areas. One in 200 children had at least one tooth removed under general anaesthetic. Children from some ethnic groups were more likely to need a dental extraction compared with children from White British ethnic groups: White Irish children twice as likely; Bangladeshi children 1.5 times more likely; Pakistani children 1.4 times more likely. The study also examined attendance at NHS general dental practitioners. Highest risk of hospital dental extraction was in children in Tower Hamlets, which also has the lowest general dental practitioner attendance in NE London. Children in areas with the highest proportion of 5 year olds accessing general dental practitioner services had the lowest hospital dental extraction risk. Authors say the findings suggest an urgent need for equitable access to preventive general dental services, and interventions targeted at the wider determinants of dental health.

### **Calling-for-help when caring for critically ill patients in Tanzania and Kenya**

17 July (Tamara Mulenga Willows. Centre for Primary Care)

Hospital health workers caring for critically ill patients rely on 'Call for help' systems to raise assistance from colleagues, but most evidence on these systems is from high income countries. An interview study of 30 health workers across 10 hospitals in Tanzania and Kenya identifies 3 problems in Call for help systems: a lack of structure in calling for help, call for help processes are improvised, and the help provided is not as requested. Researchers conclude that hospital health workers in Tanzania and Kenya experience significant challenges in calling for help, that are likely to cause delays and decrease the quality of care, potentially resulting in unnecessary mortality and morbidity.

### Care of critically ill patients including call-for-help: a conceptual framework

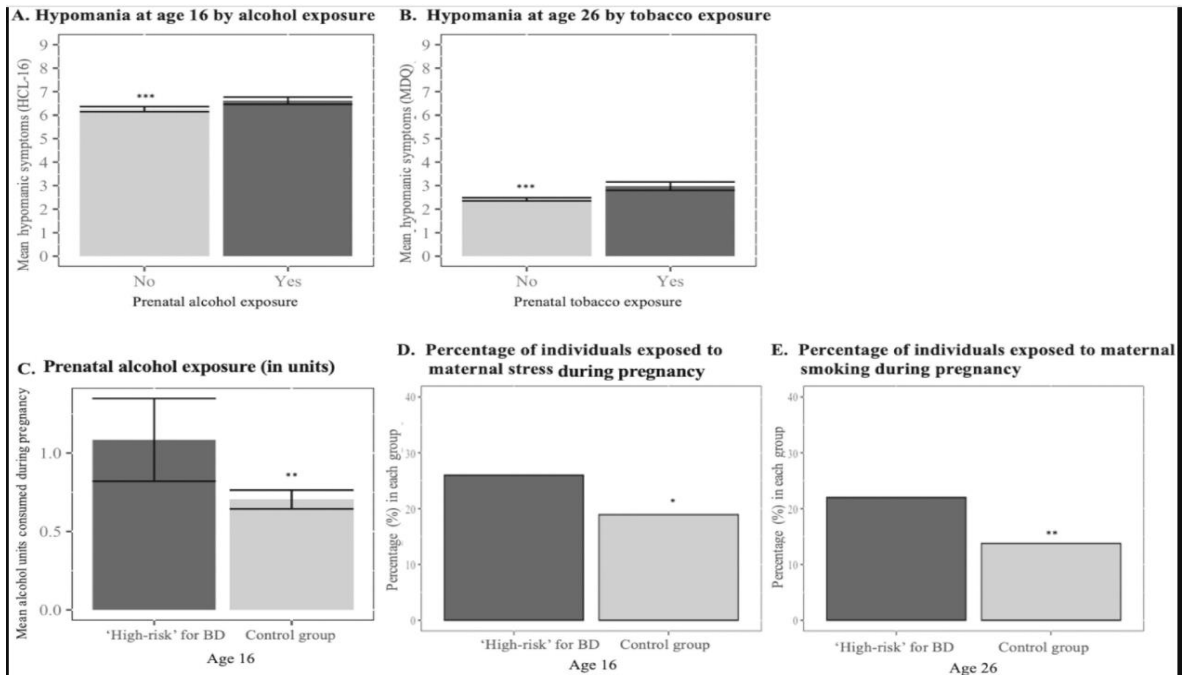


### Perinatal risk factors and subclinical hypomania

17 July (Irene Gonzalez-Calvo, Sania Shakoor, Georgina Hosang. Centre for Psychiatry and Mental Health)

Using data from the Twins Early Development Study, researchers investigate associations between perinatal risk factors and hypomanic symptoms or risk of bipolar disorder. Findings show that at age 16, prenatal alcohol exposure and number of alcohol units consumed were associated with hypomanic symptoms, and number of alcohol units and maternal stress were associated with high risk for bipolar disorder. Prenatal tobacco exposure and number of cigarettes smoked were associated with both hypomanic symptoms and high risk for bipolar disorder at age 26, although these results were attenuated controlling for parental psychiatric history. Researchers conclude that their findings show perinatal risk factors to be associated with both subclinical hypomania and high-risk for BD, and that future work should explore the mechanisms underlying these longitudinal associations, which could shed light on prevention and intervention efforts.





## No advantage to time lapse imaging of embryos in IVF pregnancies

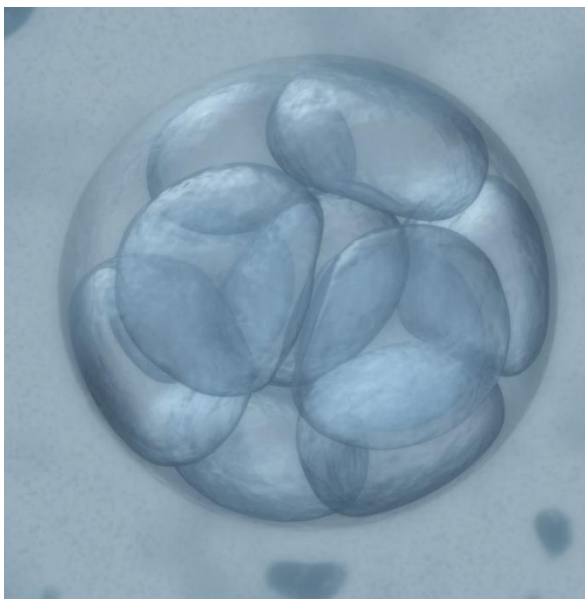
18 July (Priya Bhide, Eleanor Barry, Dominic Baxter, Francisco Gonzalez Carreras, Yasmin Choudhury, Deepali Patel, Julie Dodds. Centre for Public Health and Policy)



**INDEPENDENT**

### Costly add-on offered by IVF clinics 'does not increase odds of having a baby'

Timelapse imaging offers no benefit, despite being sold as an add-on service by many UK private fertility clinics, scientists have found.



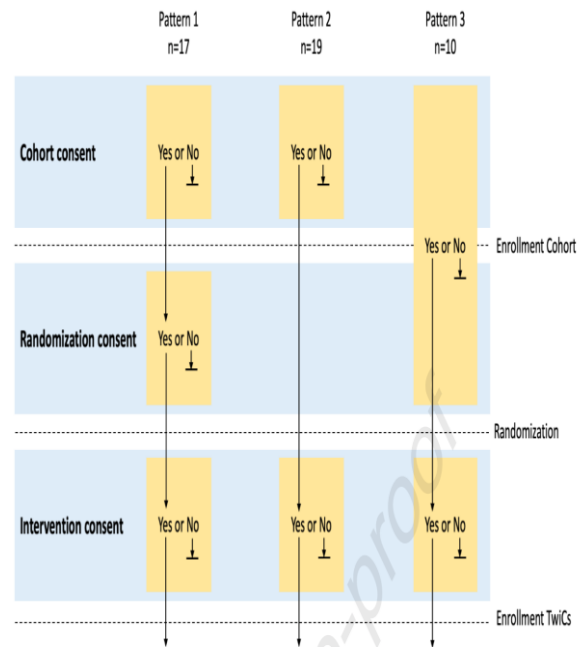
Results from the largest international trial of time-lapse imaging (TLI) for embryo incubation and selection in IVF show no differences in pregnancy rates or losses, compared with standard care. The multicentre, 3-arm, double-blind RCT in 7 centres in the UK and Hong Kong randomised >1500 participants to receive TLI-based embryo selection, standard static assessment using undisturbed culture, or conventional assessment using light microscope and standard embryo culture in standard incubators. Clinical pregnancy rates were 42.2% in the TLI arm, 43.4% in the undisturbed culture arm, and 40.9% in the control arm, with live births rates of 33.7%, 36.6%, and 33.0% respectively. No other secondary outcomes for clinical effectiveness and safety demonstrated significant differences between the arms. Researchers say that offering TLI to patients and healthcare providers with the expectation of improved outcomes cannot be justified. This paper was widely covered in the media.

## Randomized trials using the Trials within Cohorts (TwiCs) design

18 July (Clare Relton. Centre for Evaluation and Methods)

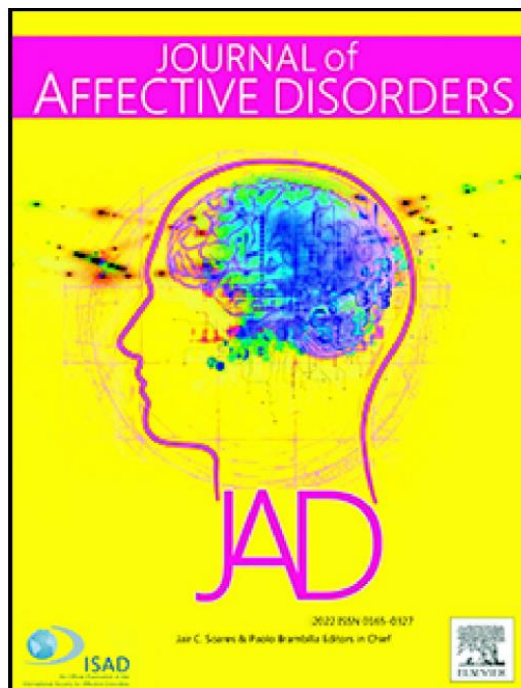
A scoping review of all RCTs using the Trials within Cohorts (TwiCs) design examines design characteristics, ways to obtain informed consent, output, reported challenges and mitigation strategies in 46 TwiCs (including 8 pilot trials) conducted between 2005-22 in 14 countries. The most common medical fields were oncology (24%), infectious diseases (17%), and mental health (15%). A typical TwiCs was investigator-initiated (100%), publicly funded (78%), and recruited outpatients (59%). Researchers say that the number of TwiCs remains small, and the variability in consent procedures and the possibility of substantial non-uptake of the intervention warrants further research to guide the planning, implementation, and analysis of TwiCs

Figure 2: Identified consent patterns



## Violence against older people: associations with mental health

18 July (Claudia Cooper. Centre for Psychiatry and Mental Health)

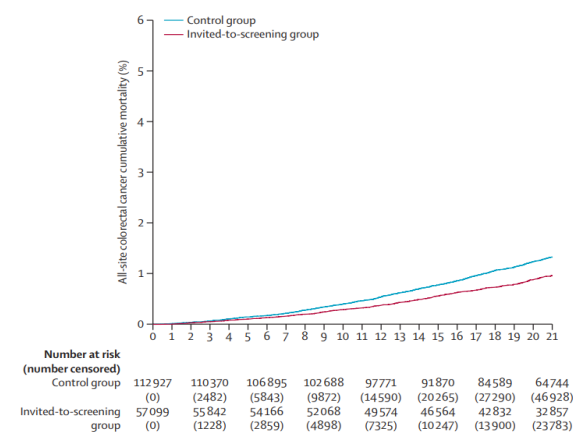
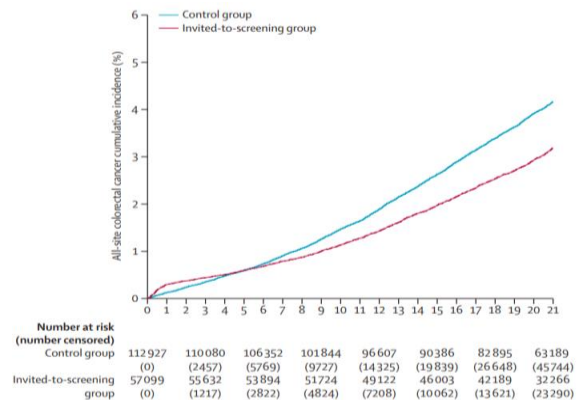


Official estimates of violence prevalence in England exclude older people. Using a 2014 general population survey, researchers find that 2% of older people experienced violence in the past year, with intimate partner violence the most prevalent form. Older people of non-white ethnicity, those who were socially isolated or lonely, and the formerly married were more likely to experience violence. Violence was associated with common mental disorders in older people. Authors call for better methods to identify violence and abuse in older people, and say that safe enquiry in practice settings are needed, with recognition of and attention to ethnic and other inequalities among older people in exposure.

## Long term protective effects of once-only flexible sigmoidoscopy screening

19 July (Stephen Duffy. Centre for Cancer Screening, Prevention and Early Diagnosis)

Results from the largest trial with the longest follow up of the effects of once-only flexible sigmoidoscopy screening show that a single screening test can reduce the chance of developing colorectal cancer by 24% and the chance of dying from colorectal cancer by 25%, for up to 21yrs after screening. Participants were >170,000 men and women aged 55-64 from 506 UK general practices who underwent FSS from 1994-99. After 21yrs, there were 47 fewer cases and 16 fewer colorectal cancer deaths per 100,000 person-yrs in the group invited to screening than in the control group. Effects were particularly evident in the distal colorectum, with 196 v 708 deaths in the screening group compared with controls. Co-author Stephen Duffy said: *Flexible sigmoidoscopy has great potential as one of the items in the toolbox for prevention and control of colorectal cancer, and it is underutilised worldwide.*



### Thinking in Between Podcast

19 July (Aida Hassan. Centre for Public Health and Policy)



In the latest episode of the Thinking In Between podcast (previously the Apollo Social Science podcast), from Aida Hassan, PhD student at the Centre for Public Health and Policy, talks about three ideas that have shaped her thinking about global health: The concept of totality; Edward Said's book, Orientalism; and tensions between global health and (inter)national security.

### Annual Conference of the Association for Cognitive Bias Modification

21-23 July (Jennifer Lau, Lauren Turner, Laura Riddleston, Julia Michalek. Centre for Psychiatry and Mental Health)



A CPMH Youth Resilience Unit team took part in the 3rd Annual ACBM Conference at the QMUL Mile End campus. Co-chair and organising committee member Jennifer Lau opened the conference on 21 July. On day 2 Lauren Turner delivered a presentation on *The Potentially Moderating Role of Mental Imagery in Interpretation Bias and Childhood Anxiety*, discussing the relationship between mental imagery and interpretation bias in the context of childhood anxiety. On day 3, Laura Riddleston presented on *Exploring how threatening interpretations of social situations contribute to daily fluctuations in loneliness in young adults*, and Julia Michalek spoke about *New Developments in Assessing Approach-avoidance Tendencies*, in which she discussed a study evaluating a novel, touch-screen version of the approach-avoidance task in primary school children in E. London, exploring potential links with anxiety and depression symptoms.



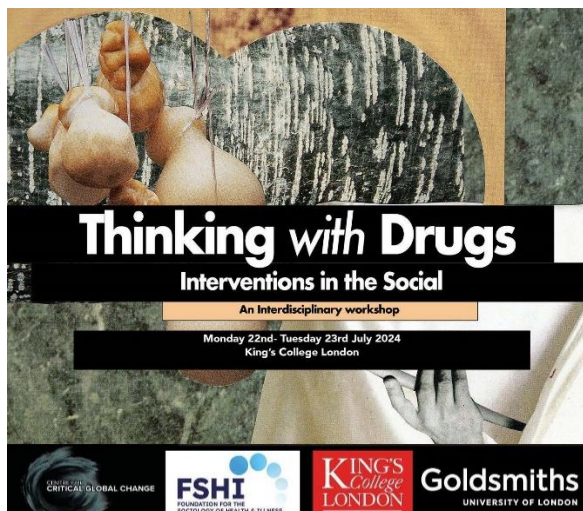
21-23 JULY 2024

## The 3rd annual conference of the Association for Cognitive Bias Modification (ACBM)



### Thinking with drugs: Intervention in the social

22 July (Stephen Hibbs. Centre for Primary Care)



At the *Thinking with drugs: Interventions in the social* interdisciplinary international workshop convened at KCL, Stephen Hibbs gave a talk exploring epistemic injustice faced by people living with sickle cell disease in clinical encounters entitled 'Testimonial smothering in clinical conversations about opiates in sickle cell disease'. The event was supported by the Foundation for Sociology of Health and Illness, the Centre for Critical Global Change and the Sociology and Social Change Collective.

### Changing the food environment in secondary school canteens

23 July (Lola Oyeboode. Centre for Public Health and Policy)



Through qualitative interviews with UK secondary school caterers, researchers explored the acceptability and feasibility of implementing the use of choice architecture (food choice cues) to promote healthy eating in schools. Caterers considered healthy food cues to be suited to adolescents as they require minimal reflective motivation, but noted the influence of external food environments, adolescent resistance, and features of the secondary school canteen setting (short lunch duration, lack of space). Authors say interventions could incorporate strategies relating to placement, presentation and pricing to prompt healthy selections, and actions to engage the student body and improve the dining environment. Evaluations should consider potential impacts on food purchasing, consumption and waste to address caterers' concerns about these issues.



**Many thanks to all who so enthusiastically contribute. Please send any news items for the next newsletter to [j.a.mackie@qmul.ac.uk](mailto:j.a.mackie@qmul.ac.uk)**