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Biography

I completed my first degree in Bradford in the north of England and followed this with a PGCE from Greenwich University, London. I taught psychology originally at A level and on Access courses in several further education colleges and was head of psychology in some of these. I completed my MSc in Applied Psychology at the University of Ulster in 1996 and was only the second student to get a distinction. In 2001 I taught psychology part-time in a Belfast school while also researching the peer review of teaching on a three year fellowship with Professor Carol McGuinness. I left school teaching in 2005 and started a five year Research Fellow post in 2006 in the School of Nursing and Midwifery exploring stress, coping and learning in nursing students. I achieved my PhD in stress, eustress and coping in nursing students in 2008 under the supervision of Martin Dempster. In September 2010 I started as a Teaching Fellow.

Outreach and CPD

In 1995 I founded the Association for Psychology Teachers in Northern Ireland (APT) This body has run annual psychology conferences for students and has hosted an array of psychologists who have made huge contributions to the discipline. These include: Professors Michael Argyle; Alan Baddeley; Richard Gregory and Michael Eysenck; as well as leading authors and presenters. Beginning in 2002 and through APT, I organise a CPD event for psychology teachers and lecturers to share and cascade good practice in teaching. It is an opportunity for educators to see at firsthand colleagues 'teach' or carry out a learning initiative and to be part of that experience. I co-ordinate the event but it is made possible by the collegiality and the talent of all those who contribute. Any students interested in attending or helping me in the organisation of these events as part of their PDP work should email me.

Media work

Media work - I have contributed to local radio (e.g. Ulster Radio and U105, February 2007; City Beat, October, 2008) on stress in teaching and managing stress for the National Stress Awareness Day; and on national radio (Material World, BBC Radio 4, August 2007) on teaching psychology to undergraduates. I was the lead researcher and a contributor on a series of five programmes on stress in teaching (first aired February 2007) for Teachers TV e.g. <http://www.teachers.tv/video/18634> and some of my work has been cited in the broadsheet press e.g. Sunday Times, November 16th 2008.

Professional membership

I have been a member of the HE Academy since August 2002 and I am an HE practitioner.
Chairperson, Association for Psychology Teachers.

QUB Teaching and outreach

As a teaching fellow my focus is to cover the teaching of colleagues on teaching sabbaticals. To that end I contribute to a range of modules across the first two years. I am also a personal tutor to a substantial number of level I and II students and I supervise 12 thesis students.

I also represent the School at UCAS events; school visits; INTO events; meeting prospective students and a number of careers events. This adds up to approximately 15-20 events each year.

Research interests

I have two distinct research interests: health psychology - principally stress and coping, with a positive psychology focus on how stress can help one achieve and the role of moderators to help one cope.

My second interest is in promoting the quality of teaching and learning in education at all levels. As a teacher and lecturer I believe none of us are that good that we can't still improve and I am interested in pursuing all avenues to make the learning experience an effective and enriching one for students.

Research publications and conferences

Gibbons, C (2012) Stress, positive psychology and the National Student Survey, Psychology Teaching Review, Vol. 18 (2), 22-30.

Gibbons, C (2012) How satisfied are students with their course and should we care? First Annual Conference on the aiming for excellence in STEM learning and teaching. Conference Proceedings, April.

Gibbons, C., Dempster, M. and Moutray, M. (2010), Stress, coping and satisfaction in nursing students, *Journal of Advanced Nursing*. 67(3), 621-632 DOI: 10.1111/j.1365-2648.2010.05495.x

Gibbons, C. (2010) Stress, coping and burn-out in nursing students, *International Journal of Nursing Studies*. (47) 1299-1309.

Gibbons, C. (2009) 'The two sides of stress'. *Nursing Standard*, July 8, Vol. 23 (44), 61.

Gibbons, C. (2009) 'We need to encourage students to help and support each other'. *Nursing Standard*, May 13, Vol. 23 (36), 32.

Gibbons, C., Dempster, M. and Moutray, M. (2009), Surveying nursing students on their sources of stress: A validation study, *Nursing Education Today*. (29) 867-872.

Gibbons, C., Dempster, M. and Moutray, M. (2009), Index of sources of stress in nursing students: a confirmatory factor analysis. *Journal of Advanced Nursing*, Vol. 65 (5), 1095-1102.

Gibbons, C., Dempster, M. and Moutray, M. (2008) Stress and eustress in nursing students, *Journal of Advanced Nursing*, Vol. 61 (3), 282-290.

Murray-Gibbons, R. and Gibbons, C. (2007). Occupational stress in the chef profession. *International Journal of Contemporary Hospitality Management* Vol 19 No. 1, 2007 pp.32-42.

Gibbons, C. (2005) 'Occupational stress in teaching - a review and directions for further research'. *Psychology and Health*, Vol. 20 (1) 93-94.

Gibbons, C. (1998)'An investigation into the effects of organisational change on occupational stress in F.E. lecturers'. *Journal of Further and Higher Education*, Vol. 22 (3), 315-328.

Recent Conference Presentations

Gibbons, C (2012) How satisfied are students with their course and should we care? 13th International Conference on Social Stress Research, June, 2012.

Gibbons, C (2012) How satisfied are students with their course and should we care? First Annual Conference on the aiming for excellence in STEM learning and teaching, April, 2012.

McCabe, N. and Gibbons, C. (2010) To what extent do personal, occupational, and biographical factors predict psychological well-being in Irish teachers? Psychology Society for Ireland Annual Conference, Athlone, Ireland, November, 2010.

Gibbons, C. (2010) Stress and coping and their impact on learning in nursing students. Psychology Society for Ireland Annual Conference, Athlone, Ireland, November, 2010.

Gibbons, C (2009) Stress and coping in nursing students. Psychology Postgraduate Affairs Group Annual Conference, July, Cardiff, Wales.

Gibbons, C (2009) Stress and coping in nursing students. The Royal College of Nursing Annual conference. March, Cardiff, Wales.

Gibbons, C (2008) Stress, eustress and coping in nursing students. The Psychology Society of Ireland Annual Conference.

Gibbons, C (2008) Understanding and coping with Post Traumatic Stress Disorder Northern Ireland Trauma Imaging Group, Northern Ireland Council of the Society of Radiographers.

Gibbons, C (2007) 'Stress and eustress in nursing students'. International Nursing Research Conference, Madrid.

Gibbons, C. (2005) 'Occupational stress in teaching - a review and directions for further research'. Psychology and Health, Galway, Ireland.

Gibbons, C. and Murray-Gibbons, R., (2005) 'Occupational stress in the chef profession' Northern Ireland branch, British Psychology Society conference.

McGuinness, C. and Gibbons, C. (2004) 'Peer observation of teaching: Developing and trialling a self-reflective tool'. Psychology Learning and Teaching Conference.

Gibbons, C. (2003). Peer Review - trialling a developmental tool. Presentation at LTSN Psychology mini-project grant holders workshop, Regent's College, December 2003.

Gibbons, C (2003) 'Can online stress intervention programmes help?' Proceedings of the British Psychology Society.

McGuinness, C. and Gibbons, C. (2002) 'Peer Review of Teaching - Meanings and Models' Proceedings of the British Psychology Society.

McGuinness, C. and Gibbons, C. (2002) 'Peer Review of Teaching - Meanings and a survey of UK Psychology Departments' Psychology Learning and Teaching Conference.

Gibbons, C. and McGuinness, C. (2002) 'Peer observation of Teaching A survey of Practices in UK Departments of Psychology' Proceedings of the British Psychology Society.

Research output available as pdf articles

Not just surviving, but flourishing – insights into student coping, anxiety and motivation

Gibbons, C., 10 Apr 2024, 22 p.

Stress, coping, burnout and mental health in the Irish Police Force

Gibbons, C., 31 Jan 2024, (Early online date) In: Journal of Police and Criminal Psychology. 10 p.

Untangling the role of optimism, pessimism and coping influences on student mood, motivation and satisfaction

Gibbons, C., 22 Sept 2023, (Early online date) In: Innovations in Education and Teaching International. 16 p.

Revealing the complex relationship between social media use, social comparison orientation and optimism on health outcomes

Gibbons, C. & Murray-Gibbons, S., 24 Nov 2022, 20 p.

Understanding the role of stress, personality and coping on learning motivation and mental health in university students during a pandemic

Gibbons, C., 10 Nov 2022, In: BMC Psychology. 10, 13 p., 261.

Surviving a pandemic - understanding the role of student stress, personality and coping on course satisfaction and anxiety during lockdown

Gibbons, C., 17 Apr 2022, In: Innovations in Education and Teaching international.

Can primary school breakfast clubs enhance children's learning and well-being?

Gibbons, C. & Hughes, T., 01 Nov 2018, In: Irish Teachers' Journal. 6, 1, p. 99-110 12 p.

Stress, eustress and the National Student Survey

Gibbons, C., 01 Sept 2015, In: Psychology Teaching Review. 21, 2, p. 86-92 7 p.

Mindfulness - as a coping strategy

Gibbons, C., Jun 2015, In: Eisteach. 15, 2, p. 14-18 5 p.

Stress, positive psychology and the National Student Survey

Gibbons, C., Aug 2012, In: Psychology Teaching Review. 18, 2, p. 22-30 9 p.

Stress, coping and satisfaction in nursing students

Gibbons, C., Dempster, M. & Moutray, M., 01 Mar 2011, In: Journal of Advanced Nursing. 67, 3, p. 621-632 12 p.

Stress, coping and burn-out in nursing students

Gibbons, C., Oct 2010, In: International Journal of Nursing Studies. 47, 10, p. 1299-1309 11 p.

Surveying nursing students on their sources of stress: a validation study

Gibbons, C., Dempster, M. & Moutray, M., Nov 2009, In: Nurse Education Today. 29, 8, p. 867-872 6 p.

Index of sources of stress in nursing students: a confirmatory factor analysis

Gibbons, C., Dempster, M. & Moutray, M., May 2009, In: Journal of Advanced Nursing. 65, 5, p. 1095-1102 8 p.

Stress and eustress in nursing students

Gibbons, C., Dempster, M. & Moutray, M., Feb 2008, In: Journal of Advanced Nursing. 61, 3, p. 282-290 9 p.

Occupational stress in the chef profession

Gibbons, C. & Murrery-Gibbons, R., 2007, In: International Journal of Contemporary Hospitality Management. 19, 1, p. 32-42 11 p.

Occupational stress in teaching - a review and directions for further research

Gibbons, C., Aug 2005, In: Psychology & health. 20, p. 93-94 2 p.

Peer observation of teaching: enhancing self-reflection through writing

McGuinness, C. & Gibbons, C., 2005, *Peer observation of teaching*. Gosling, D. (ed.). SEDA, p. 7-12 6 p.

An investigation into the effects of organisational change on occupational stress in further education lecturers

Gibbons, C., Oct 1998, In: Journal of Further and Higher Education. 22, 3, p. 315-328 14 p.