

## **Brief Behavioural and Psychological Interventions**

*Kieran Ayling*

Primary care encounters are typically brief, particularly in the current resource stretched NHS. While behavioural and psychological interventions are frequently shown to have significant benefits for health outcomes, they are often lengthy and resource intensive, which are significant barriers to widespread adoption within primary care. At Nottingham, we have an explicit interest in developing brief and feasible behavioural and/or psychological interventions to improve health and the effectiveness of existing medical interventions (e.g., vaccinations). However, we know many other colleagues across SPCR schools do work in similar areas. This working group would seek to identify areas for new collaborations and crossover – that could form the basis of future SPCR funding bids.

The initial meeting of the Brief Behavioural and Psychological Interventions working group has been arranged for Tuesday June 6th at Nottingham East Midlands Conference Centre, from 11-3pm (tbc). Anyone wishing to attend should contact Kieran at [kieran.ayling@nottingham.ac.uk](mailto:kieran.ayling@nottingham.ac.uk) if you have not already done so.