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Profile summary

Professor of Psychology

As one of the developers of functional imagery training (FIT), I am interested in the psychological processes underpinning human motivation. My research has shown the importance of mental imagery for desire, from problematic drug and food cravings to motivation for healthy behaviours. FIT builds on this research by combining motivational interviewing with multisensory mental imagery training to create desire for behavioural steps towards a goal. Our weight loss trial (Sobrig et al, 2019) showed that FIT is five times more effective than motivational interviewing. Participants who received 4 hours of FIT lost an average of 6kg in 12 months. My current projects are testing FIT for managing anxiety, building resilience at work (with Despina Djama), and supporting healthy sexual relationships (with Lou Crichton).

I am also interested in psychological aspects of anaesthesia.

I talk about my research on anaesthesia and weight loss here: <https://www.youtube.com/watch?v=AFTywtZBdNc>

Employment

Professor in Psychology

020 Professor
School of Psychology
University of Plymouth
United Kingdom
1 Aug 2007 → present

Research outputs

The conceptualisation and measurement of engagement in digital health

Milne-Ives, M., Homer, S., Andrade, J. & Meinert, E., 1 Jun 2024, In: *Internet Interventions*. 36, 100735.

Assessing immediate emotions in the theory of planned behavior can substantially contribute to increases in pro-environmental behavior

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Mental Imagery to Reduce Alcohol-related harm in patients with alcohol use disorder and alcohol-related liver damage: the MIRAGE randomised pilot trial results

Dhanda, A., Andrade, J., Allende, H., Allgar, V., Bailey, M., Callaghan, L., Cocking, L., Goodwin, E., Hawton, A., Hayward, C., Hudson, B., Ingram, W., Jeffery, A., King, A., Lavers, V., Lomax, J., McCune, C. A., Musicha, C., Parker, R. & Rollinson, C. & 2 others, Wilks, J. & Creanor, E. S., 29 Jan 2024, In: *BMJ Open Gastroenterology*. 11, 1, e001267.

Potential associations between behavior change techniques and engagement with mobile health apps: a systematic review

Milne-Ives, M., Homer, S. R., Andrade, J. & Meinert, E., 18 Sept 2023, In: *Frontiers in Psychology*. 14, 0

Strategies are needed to support people with alcohol use disorder and alcohol-related liver disease to take part in randomised clinical trials: results from the MIRAGE pilot trial of functional imagery training

Dhanda, A., Allgar, V., Andrade, J., Callaghan, L., Hudson, B., Ingram, W., King, A., Lavers, V., Lomax, J., McCune, A., Musicha, C., Parker, R., Rollinson, C. & Creanor, S., Jun 2023.

Mental imagery: Using working memory theory to design behaviour change interventions

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Tell me all about it: narrated memories are less emotional than imagined memories

Andrade, J., IJdema, T., Vadazs, N. & May, J., 9 Sept 2022, In: Quarterly Journal of Experimental Psychology. 0, 0

Brief online negative affect focused functional imagery training improves two-week intermediate drinking outcomes among hazardous student drinkers: a pilot study

Shuai, R., Bakou, A., Andrade, J., Hides, L. & Hogarth, L., 29 Jun 2022, In: Addiction science & clinical practice. 17, SUPPL 1, 1 p.

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Dhanda, A. D., Allende, H., Allgar, V., Andrade, J., Bailey, M. P., Callaghan, L., Cocking, L., Goodwin, E., Hawton, A., Hayward, C., Hudson, B., Jeffery, A., King, A., Lavers, V., Lomax, J., McCune, C. A., Parker, R., Rollinson, C., Wilks, J. & Creanor, S., 18 May 2022, In: BMJ Open Gastroenterology. 12, 5

"I see myself": Craving imagery among individuals with addictive disorders

Månsson, V., Andrade, J., Jayaram-Lindström, N. & Berman, A. H., 6 Apr 2022, In: Journal of Addictive Diseases. 0, 0, p. 1-14

Prevention and management of intra-operative pain during caesarean section under neuraxial anaesthesia: a technical and interpersonal approach

Plaat, F., Stanford, S. E. R., Lucas, D. N., Andrade, J., Careless, J., Russell, R., Bishop, D., Lo, Q. & Bogod, D., 5 Apr 2022, In: Anaesthesia. 77, 5, p. 588-597

Associations Between Behavior Change Techniques and Engagement With Mobile Health Apps: Protocol for a Systematic Review

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Exploring barriers, motivators and potential solutions to achieve healthy lifestyle among undergraduate student nurses

Austin, D., May, J., Andrade, J. & Nichols, A., 24 Feb 2022, In: British Journal of Nursing. 31, 4

Mobile health as a primary mode of intervention for women at risk of, or diagnosed with, gestational diabetes mellitus

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Balance Right in Multiple Sclerosis (BRiMS): a feasibility randomised controlled trial of a falls prevention programme

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Associations Between Behavior Change Techniques and Engagement With Mobile Health Apps: Protocol for a Systematic Review (Preprint)

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Trauma after childbirth: The mediating effects of subjective experience

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Shuai, R., Bakou, A. E., Andrade, J., Hides, L. & Hogarth, L., 25 Aug 2021, In: International Journal of Behavioral Medicine. 0, 0

How do women with a history of gestational diabetes mellitus use mHealth during and after pregnancy? Qualitative exploration of women's views and experiences

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Odor, P. M., Bampoe, S., Lucas, D. N., Andrade, J., Moonesinghe, S. R. & Pandit, J. J., 12 Jan 2021, In: Anaesthesia. 0, 0

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Trauma after childbirth: The mediating effects of perceived support

Baptie, G., Andrade, J., Bacon, A. M. & Norman, A., 8 Oct 2020, In: British Journal of Midwifery. 28, 10, p. 724-730

Delivering digital health: The barriers and facilitators to University-Industry Collaboration

Austin, D., Andrade, J., May, J. & Jones, R., 3 Oct 2020, In: Health Policy and Technology. 0, 0

Birth trauma: the mediating effects of perceived support

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General anaesthetic and airway management practice for obstetric surgery in England: a prospective, multi-centre observational study

Odor, P. M., Bampoe, S., Moonesinghe, S. R., Andrade, J., Pandit, J. J. & Lucas, D. N., 21 Sept 2020, In: Anaesthesia. 0, 0

Say it aloud: Measuring change talk and user perceptions in an automated, technology-delivered adaptation of motivational interviewing delivered by video-counsellor

Galvão, G. D. S. J., Kavanagh, D. J., May, J. & Andrade, J., 9 Jul 2020, In: Internet Interventions. 0, 0

The Motivational Thought Frequency scales for increased physical activity and reduced high-energy snacking

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Using Functional Imagery Training (FIT) for weight loss

Parkin, T., Solbrig, L. & Andrade, J., Jun 2019, 4 p. Dietetics Today : British Dietetic Association.

Developing the eHealth sector in Cornwall

Jones, R., Asthana, S., Walmsley, A., Sheaff, R., Andrade, J., May, J. & Chatterjee, A., 30 Apr 2019

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Enhancing Grit through Functional Imagery Training in Professional Soccer

Rhodes, J., May, J., Andrade, J. & Kavanagh, D., Sept 2018, In: *Sport Psychologist*. 32, 3

Mental imagery in dentistry: Phenomenology and role in dental anxiety

Schneider, A., Andrade, J., Tanja-Dijkstra, K. & Moles, D. R., Aug 2018, In: *Journal of Anxiety Disorders*. 58, 0, p. 33-41

Experiences of a motivational interview delivered by a robot: qualitative study

Galvão, G. D. S. J., Belpaeme, T., Kavanagh, D. J., Taylor, L., Beeson, K. & Andrade, J., 3 May 2018, In: *Journal of Medical Internet Research*. 0, 0

Craving to Gamble and Craving for Alcohol: A protocol for a comparative phenomenological Study

Månsson, V., Molander, O., Jayaram-Lindström, N., Andrade, J. & Berman, A., Apr 2018, In: *Journal of Behavioral Addictions*. 7, p. 110-110 1 p.

Qualitative analysis of feedback on Functional Imagery Training: A novel motivational intervention for type 2 diabetes.

Parham, S. C., Kavanagh, D. J., Shimada, M., May, J. & Andrade, J., 8 Aug 2017, In: *Psychology and Health*. 0, 0

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The Soothing Sea: A Virtual Coastal Walk Can Reduce Experienced and Recollected Pain

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An imagery-based road map to tackle maladaptive motivational imagery in clinical disorders

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Experiences of a Motivational Interview Delivered by a Robot: Qualitative Study (Preprint)

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People trying to lose weight dislike calorie counting apps and want motivational support to help them achieve their goals.

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Assessment of Motivational Cognitions in Diabetes Self-Care: the Motivation Thought Frequency Scales for Glucose Testing, Physical Activity and Healthy Eating

Parham, S. C., Kavanagh, D., Gericke, C., King, N., May, J. & Andrade, J., 7 Nov 2016, In: *International Journal of Behavioral Medicine*. 24, p. 447-456 p.

Assessment of motivation to control alcohol use: The motivational thought frequency and state motivation scales for alcohol control

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The psychological cycle behind dental appointment attendance: a cross-sectional study of experiences, anticipations, and behavioral intentions

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Playing Tetris decreases drug and other cravings in real world settings

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Pandit, J., Andrade, J., Bogod, D., Hitchman, J., Jonker, W., Lucas, N., Mackay, J., Nimmo, A., O'connor, K., O'sullivan, E., Paul, R., Palmer, J., Plaat, F., Radcliffe, J., Sury, M., Torevell, H., Wang, M., Hainsworth, J. & Cook, T., Dec 2015, In: *Survey of Anesthesiology*. 59, 6, p. 277-278

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An imagery-based road map to tackle maladaptive motivation in clinical disorders

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Improving Dental Experiences by Using Virtual Reality Distraction: A Simulation Study

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