

Douglas Marks
Lecturer
School of Health and Life Sciences



Overview

I am a Health Psychologist and CBT Therapist working within the Mental Health team. I am broadly interested in self-regulation processes and health outcomes, and the psychobiological processes in health and illness. The aim of my research is to apply theoretical models derived from different areas of psychology (i.e., health, clinical, cognitive and social) as well as from the social and biomedical sciences more broadly to enhance our understanding of the aetiology and course of wellbeing and distress across a range of physical and mental health problems.

I have a particular interest in the role of anxiety in the development and maintenance of health problems, as well as how psychological interventions can be used to impact upon both physical and mental health.

I have also been extensively involved in implementing clinical developments at both national and local level, through consultancy work with Health Boards, the Scottish Government, and in the auditing of individual services.

I have extensive teaching skills for both online and class-based learning in fields ranging from Research Methods to Psychological Interventions and Policy Development.

I am currently working on the role of executive functioning in Cardiac Rehabilitation outcomes, and the impact of anxiety interventions of biological markers of illness and stress.

Qualifications

Postgraduate Diploma, University of the West of Scotland

Sep 2014 → Feb 2017

Award Date: 28 Feb 2017

Master of Science, University of Stirling

Sep 2006 → Sep 2007

Award Date: 31 Aug 2007

Bachelor of Arts (Hons.), University of Strathclyde

Award Date: 30 Sep 2003

31 Jan 2008 → 6 Jul 2012 Health Psychology

Employment

Lecturer

Lecturer

School of Health and Life Sciences

University of the West of Scotland

1 Aug 2014 → present

DHP Scotland Committee Member

British Psychological Society

1 Jan 2014 → 1 Jan 2017

Research output

Attempting to restore integrity of the self: a grounded theory study of recovery from major depressive disorder

Amini, K., Marks, D., Cheraghi, M. A., Eftekhar, M. & Negarandeh, R., 1 Sep 2019, In : Journal of the American Psychiatric Nurses Association. 25, 5, p. 385-395 11 p.

Cognitive behaviour therapy-trained staff's views on professional accreditation

Parkinson, B. & Marks, D., 13 Sep 2017, In : Mental Health Practice. 21, 1, p. 27-32 6 p.

Breastfeeding support and promotion: The health professional's perspective

Marks, D., 2015, In : Journal of Health Visiting. 3, 1, p. 38-46

Health professionals' attitudes towards the promotion of breastfeeding

Marks, D. & O'Connor, R., 2015, In : British Journal of Midwifery. 23, 1, p. 50-58 9 p.

Can recovery capital predict addiction problem severity?

Burns, J. & Marks, D., 5 Jul 2013, In : Alcoholism Treatment Quarterly. 31, 3, p. 303-320 18 p.

Does use of touch screen computer technology improve classroom engagement in children

Marks, D., Laxton, T., McPhee, I., Cremin, L., Sneider, A. & Marks, L., 2013, In : The Online Educational Research Journal. p. 1-29

Comparison of equated learning for online and on campus postgraduate students on academic achievement

McPhee, I., Duffy, T. & Marks, D., 2010, In : Research Review: A Special Topics Journal from the University of the Fraser Valley. 4, 3, p. 80-88

Partnership work between Public Health and Health Psychology: introduction to a novel training programme

Gilinsky, A. S., Dombrowski, S. U., Dale, H., Marks, D., Robinson, C., Eades, C. & Ouzounidou, D., 2010, In : BMC Public Health. 10, p. 692

Caledonian road to health

Marks, D., 2008, In : The Psychologist. 21, 8, p. 702 - 703 2 p.