

Ms Gemma Taylor BSc MSc MBPsS

Doctoral Researcher

Public Health, Epidemiology and Biostatistics

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About

PhD Title: The association between smoking cessation and change in mental health.

Supervisors: **Mr Alan Girling** (<http://www.birmingham.ac.uk/staff/profiles/haps/PublicHealth,EpidemiologyBiostatistics/girling-alan.aspx>) (The University of Birmingham), **Professor Paul Aveyard** (<http://www.phc.ox.ac.uk/team/researchers/paul-aveyard>) (The University of Oxford), **Professor Ann McNeil** (<http://www.kcl.ac.uk/iop/depts/addictions/people/profiles/AnnMcNeil.aspx>) (King's College London)

Qualifications

- MSc Applied Clinical Psychology, The University of Worcester, 2011
- BSc (Hons) (First Class) Psychology and Biology, The University of Worcester, 2009

Biography

Gemma received her Bachelor's degree (with First Class Honours) in 2009 and soon after began an MSc in Applied Clinical Psychology at the University of Worcester. While completing her MSc Gemma worked in a mental health recovery unit and motivated service users to engage in leisure and social activities. She is currently based in Primary Care Clinical Sciences at the University of Birmingham and is completing her PhD in Epidemiology. She is currently investigating the association between smoking cessation and change in mental health and has presented her research at conferences within the UK and internationally.

Teaching

Teaches small group sessions on the

- MBChB programme: Stigma and stereotyping; Illness beliefs and attributions; Memory loss

Research

- **UK Centre for Tobacco and Alcohol Studies** (<http://www.ukctas.ac.uk/>)
- **Early Career Research Academic Group** (<http://ecrag.wordpress.com/>)

Other activities

Gemma is a Graduate Member of the British Psychological Society

Publications

Journal articles:

Taylor, G., McNeill, A., Girling, A., Farley, A., Lindson-Hawley, N., Aveyard, P. Change in mental health after smoking cessation: a systematic review and meta-analysis. *BMJ* 2014;348:g1151

Conference presentations:

Taylor, G., Girling, A., McNeill, A., Aveyard, P. (2013). Assessing the association between smoking cessation and change in mental health, using propensity score matching. UK Society for Behavioural Medicine annual meeting. Oxford, UK

Taylor, G., McNeill, A., Girling, A., Lindson-Hawley, N., Aveyard, P. (2013) A meta-analysis of changes in psychological well-being after smoking cessation. Australian National Smoking Cessation Conference. Sydney, Australia.

Taylor, G., Taylor, G., Girling, A., McNeill, A., Aveyard, P. (2013). Assessing the association between smoking cessation and change in mental health, using propensity score matching. Australian National Smoking Cessation Conference. Sydney, Australia.

Taylor, G., McNeill, A., Girling, A., Lindson-Hawley, N., Aveyard, P. (2013). A meta-analysis of changes in psychological well-being after smoking cessation. Society for Nicotine and Tobacco Research: 19th Annual International Meeting. Boston, USA.

Taylor, G., Aveyard, P., McNeill, A., Lindson, N. (2012). A protocol for a systematic review of changes in psychological well-being after smoking cessation and smoking reduction. UK Centre for Tobacco Control Studies: Tackling Smoking in 21st Century Britain. York, UK.

Taylor, G. M. (2011). A comprehensive taxonomy of behaviour change techniques (BCT) for use in smoking reduction interventions, UK Centre for Tobacco Control Studies: Postgraduate Student Conference. Bath, UK.

Other presentations:

Taylor, G. (2013). Smoke-free policy and psychological wellbeing. Bracton Centre, Oxleas NHS trust. Kent, UK.

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