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Cardiff School of Health Sciences

POST GRADUATE RESEARCH STUDENT CONFERENCE

Monday 15th May 2017 | Premier Suite SWALEC Stadium Cardiff



Welcome from the School Graduate Studies Coordinator



Dr Jenny Mercer
Graduate Studies Coordinator, Cardiff School of Health Sciences

It gives me great pleasure to welcome you to our Post Graduate Research Conference. The event showcases the doctoral level research being undertaken across the different departments, bringing together those at all stages of their research degrees. It makes a significant contribution to the research culture within the School. This year we have a session specifically for our new enrollers to talk about their proposed studies, an external keynote, and a social event to end the proceedings. All of these contribute to making it our largest event to date.

I would like to thank the organising committee who have worked behind the scenes for a number of months to make this happen, and to all of those who are presenting. Without you, we would not have a conference.

Enjoy your day.

Conference Organising Committee

Dr Jenny Mercer	School Graduate Studies Coordinator,
Silvia Ademu	Research Student/Academic Associate
Nicole Burchett	Research Student/Academic Associate
Jane Lewis	R&E Support Manager
Rose O'Driscoll	Senior Lecturer/Research Student

The Keynote Speaker

Building resilience and coping with the stress of doctoral studies



Jim Handley
CPsychol AFBPsS HCPC Occupational Psychologist

Jim uses psychology to solve real world problems. His work focuses on psychological well-being, resilience and behaviour change. He was senior school tutor and set up the BSc Applied Psychology at the University of Glamorgan and developed a system for helping students deal with the stresses of university life. He has designed

and delivered stress management and resilience training for postgraduates and personal effectiveness programmes for doctoral and post-doctoral researchers as well as many organisations outside Higher Education. He has a reputation for giving useful and entertaining presentations.

This talk will discuss stress, resilience and well-being, present data from Cardiff Met doctoral candidates' experiences and provide some skills and strategies for flourishing and thriving under pressure.

Contents

Welcome from the School Graduate Studies Coordinator	2
The Keynote Speaker	2
Programme of Presentations	4
Abstracts of Presentations	7
Sylvia Ademu	7
Raya Al-Nasseri	7
Ria Bayliss	8
Nicole Burchett	8
Henry Dawson	9
Aisha Dodo	9
Huw Evans	10
Jo Fawcett	10
Ben Johns	11
Eleftheria Kodosaki	11
Anna Kowalska,	12
Rhonwen Lewis	12
Despoina Menti	13
Rose O'Driscoll	13
Nzube Okeke,	14
Stuart Scott,	14
Kathryn Tucker	14
Alison Walker	15
Hilary Wicket,	15
Wenlong Xiong	16
Presentations without Abstracts	17
Philip Butterick	17
Susan Oladeji	17
Alan Protheroe	17
Kirsten Stevens Wood	17
Denise Parish	17
Notes	Error! Bookmark not defined.

Programme of Presentations

Post Graduate Research Student Conference Monday 15th May 2017

9:30 am Arrival, Coffee and Registration

9.45 am Welcome and Introduction Dr Jenny Mercer & Organising Group

SESSION ONE

10.00 am - 11.00 am

Chair: Dr Jenny Mercer

Suite 1	Rose O'Driscoll	'Stoned to death by cupcakes': the cost and consequences of non-motherhood
	Despoina Menti	Investigating treatment adherence of patients with type 2 diabetes mellitus following a biopsychosocial approach: A comparative study between Welsh and Greek patients with type 2 diabetes mellitus
	Stuart Scott	Exploring the sources of stress affecting head teachers in Wales

Chair: Sylvia Ademu and Nicole Burchett

New Enrollers Session

Suite 2	Kirsten Stevens-Wood	An exploration of Intentional Communities as experimental spaces
	Susan Oladeji	Music exposure using Personal listening devices and hearing problems in Nigerian adolescents and young adults
	Philip Butterick	Investigating the mechanism of action of NX-AS-401 on Staphylococcus aureus
	Denise Parish	Development and evaluation of a food safety continuing professional development (CPD) programme for Registered Dietitians (RDs) supporting immuno-suppressed client groups
	Alan Protheroe	How Organisational Culture Impacts H&S Performance across Europe, in particular UK, Germany, Belgium, Spain & Russia

Chair: Prof Philip James

Suite 3	Raya Al-Nasseri	The anti-inflammatory properties of camel milk lipids extracted from Omani Camel (Camelus dromedaries)
	Ben Johns	Small Colony Variants: size isn't everything
	Ria Eleftheria	Neuroinflammation in the CNS: from molecules to cells to the diseased brain

11.00 am COFFEE

11.30 am Keynote Speaker

Chair: Prof Adrian Peters, Dean of Cardiff School of Health Sciences

Suite 1	Jim Handley	Building resilience and coping with the stress of doctoral studies
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12.30 pm LUNCH

SESSION TWO

1.30 pm – 3.00 pm

Chair: Ria Kodosaki and Dr Colin Powell

Suite 1	Sylvia Ademu	Exploring the psychosocial and psychological impact of shift work and associated absence on the Nigerian oil and gas offshore and terminal employees and families
	Nic Burchett	Going 'bolder' with Interpretative Phenomenological Analysis (IPA): a novel concurrent multi-method research design
	Aisha Dodo	Practice of cancer screening in Kaduna, Nigeria: motivators and hindrances
	Nzube Okeke	Psychosocial intervention for building resilience among young street hawkers in Nigeria: a pilot study

Facilitators Dr Jenny Mercer and Rose O'Driscoll

Suite 2	Workshop for staff PGR students in CSHS
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03.00pm TEA

SESSION THREE

03.30 pm – 5.00 pm

Chair: Dr Calum Delany

Suite 1	Anna Kowalska	Vowel acquisition in Polish-English bilingual children in South Wales: A pilot study
	Ria Bayliss	Evaluating the systematic literature review process within qualitative research
	Kate Tucker	Professional identity development as a qualitative researcher: The role of reflexivity
	Wenlong Xiong	Brief Introduction of Roter Interaction Analysis System (RIAS)
	Rhonwen Lewis	Regularity in the production of early words: evidence from typical and atypical development in bilingual environments

Chair: Rose O’Driscoll and Aisha Dodo

Suite 2	Huw Evans	Devolved Government and Trading Standards: Does the former see the latter?
	Henry Dawson	An investigation of stakeholders’ needs from private rental housing and an assessment of how property licensing satisfies those needs – The literature review
	Hilary Wickett	Group food labelling, discussion and goal setting; what do we want, what we value? Qualitative interviews with dietetic educators and service users
	Jo Fawcett	Pedagogic teaching within the podiatric setting: Creating an evidence-informed approach
	Alison Walker	Gaining Perspectives: A qualitative approach to using a Q sort activity

5.00 pm Review of day and close.

5.30 pm Drinks in the Mochyn Ddu, Sophia Gardens – Everyone Welcome!

Abstracts of Presentations

Sylvia Ademu

MPhil/PhD Research Student, Applied Community Sciences

Title: Exploring the psychosocial and psychological impact of shift work and associated absence on the Nigerian oil and gas offshore and terminal employees and families.

Purpose: This paper will present an overview of my PhD.

Background: Research suggests that insufficient attention has been given to the research topic. Shift work, which is an integral aspect of offshore and crude oil terminal jobs, creates long periods of absence from home, which impacts on both employee and family.

Methods: The study takes a constructivist, phenomenological approach, which assumes multiple realities where a researcher seeks to establish a meaning of a phenomenon from the view of participants. The research will consist of 3 qualitative studies: 1) Semi-structured interviews and purposive sampling will be used to determine the perception of *employees* on shift work and associated absence. 2) Focus groups (*spouses*) will be used to capture the experiences and perceptions of the spouses of employees engaged in shift work and associated absence. 3) Focus groups to capture the *employees* and *spouse's* identification of actions that could be taken by employer to limit the impact of shift work and associated absence.

Conclusions: This work will offer an account of the perceived impact of shift work and associated absence on employees and families, help to determine coping strategies, and can be used to inform the oil and gas industry.

Raya Al-Nasseri

PhD Research Student, Biomedical Sciences

Title: The anti-inflammatory properties of camel milk lipids extracted from Omani Camel (*Camelus dromedaries*)

Purpose: Determine the lipids content and characteristics of fatty acids derived from Omani camel milk, and investigate its ability to regulate macrophage inflammatory responses in the human macrophage cells d-THP-1.

Background: There is limited evidence on the potential health benefits of lipids derived from camel milk. Macrophage activation reflects a beneficial or detrimental role in diseases. Switching them to an anti-inflammatory M2 phenotype could be important in preventing inflammatory diseases such as atherosclerosis and Type 2 Diabetes.

Method: The lipids were converted to fatty acid methyl esters and analysed by Gas Chromatography-Mass Spectrometry. d-THP-1 cells were pre-treated with the extracted lipids, stimulated with glycated-serum albumin and inflammatory mediators associated with M1 and M2 phenotypes determined by ELISA, Real-Time PCR and Flow Cytometry.

Results: Fatty Acids recovered from the Methylation of the lipids included Saturated Myristic acid ME (C14:0), Palmitic acid ME (C16:0), Un-Saturated, Palmitoleic acid ME (C16:1), Oleic acid ME (C18:1 n-9). The secretion of inflammatory cytokines, TNF- α and IL-1 β reduced

without affecting the cell-viability; and enhanced the anti-inflammatory cytokine IL-10, up-regulate expression of the M2 marker CD163.

Conclusion: Camel lipids significantly reduce macrophage inflammation, which is associated with the switching of macrophages to anti-inflammatory M2 phenotype.

Ria Bayliss

MPhil/PhD Student and Lecturer, Health Care & Food

Title: Evaluating the systematic literature review process within qualitative research

The Systematic Review' began as a process for collating and appraising findings from Randomised Control Trials to inform clinical practice and is now widely used as a mechanism for identifying suitable clinical interventions and treatment options. The core components of systematic reviews are a clearly formulated question, identification of relevant studies, appraisal of study quality, surmising of evidence and interpretation findings. The use of Systematic Literature Reviews within qualitative health research is also becoming more common. Whilst narrative literature reviews continue to have their place, the increased use of systematic literature reviews links to the need for more robust collation and appraisal of evidence to inform healthcare. However, the process of systematically reviewing qualitative literature raises interesting questions regarding process, quality and the usefulness of findings. How each study is appraised is complex due to the varying study designs and the often-interpretative nature of the research. There are ongoing debates regarding what constitutes 'good quality' qualitative research and whether 'quality' is a characteristic that can be distilled. Prompts for appraising qualitative research were developed by Dixon-Woods, Shaw, Agarwal and Smith (2004), these will be discussed along with wider considerations for undertaking a systematic literature review.

Nicole Burchett

PhD Student, Psychology

Title: Going 'bolder' with Interpretative Phenomenological Analysis (IPA): a novel concurrent multi-method research design

Purpose: To introduce a novel 'concurrent multi-method' design that is 'bolder' in IPA research.

Background: IPA is a well-used qualitative research method in health sciences, however Smith encourages IPA researchers to create 'bolder designs'. This paper will discuss how I have achieved this in doctoral research exploring the experience of receiving a mental health diagnosis.

Methods: It was important to incorporate the voice of two groups: diagnosed individuals and staff delivering services. This resulted in the creation of an innovative 'concurrent multi-method' design to understand the phenomenon from multiple perspectives.

The design contains two inter-linked studies. Interviews were conducted with those diagnosed about the experience of receiving a diagnosis. Emergent themes were then taken to staff focus groups (analysed using Thematic Analysis); making the design 'multi-method'.

The design is concurrent in two areas: themes development and support received. Emergent themes (from study 1) were developed into superordinate and subordinate themes alongside running focus groups (study 2). The support throughout was also concurrent: an academic supervisory team and Research Advisory Panel fostered validity through demanding researcher accountability and transparency.

Conclusion: ‘Permission’ to be bold in IPA design, encourages researchers to think creatively about using IPA to add further understanding about phenomena.

Henry Dawson

MPhil/PhD Student and Lecturer, Applied Community Sciences

Title: An investigation of stakeholders’ needs from private rental housing and an assessment of how property licensing satisfies those needs – The literature review

This review represents the first stage of an MPhil/PhD dissertation using a mixed methods approach to determine what stakeholders’ needs from private rental housing are and the role of local government property licensing schemes in satisfying those needs.

To prepare for this work it is necessary to develop an accurate picture of the makeup of the sector, the issues affecting the sector and the actions of the state in addressing those issues (both past and present), in order to place the role of licensing within the wider policy debate.

Findings indicate that the private rental sector has grown from its nadir in the 1980s, aided by low tenant security and ease of access to finance. It has become a lifetime tenure for over 40% of tenants, trapped within the sector by the changing housing market.

Legislation currently favours landlords, but previous more interventionist policies have tended to strangle the market. We are now returning to these approaches. The Government must balance the needs of tenants with the operation of the market to manage the sector effectively.

Aisha Dodo

PhD Student, Applied Community Sciences

Title: Practice of cancer screening in Kaduna, Nigeria: motivators and hindrances

Purpose: Explore women’s knowledge, perception and attitude towards breast and cervical cancer screening in Kaduna, Northern Nigeria, and the factors influencing their screening practices.

Background: Breast and cervical cancer are major causes of female cancer deaths globally. Absence of national screening programme and limited healthcare providers compounds the disease burden in Nigeria.

Methods: Sequential explanatory mixed methods approach was employed. Data were gathered through cross-sectional survey with self-administered questionnaires among 250 adult women; followed by semi-structured interviews with 6 healthcare providers and 12 adult women. Development of data gathering tools was guided by constructs of Theory of Planned Behaviours, Social Cognitive Theory, and concepts from risk perception. SPSS and NVivo softwares were applied for quantitative and qualitative data analyses respectively.

Results: Dearth of cancer knowledge among women, inadequate screening services, unfriendly attitude of health workers, gender of doctors/nurses, poor risk perception, and fear of procedures were identified as main barriers to screening uptake. However, being highly educated, married, and having professional jobs, were positively correlated to good knowledge, perceptions, and uptake of screening.

Conclusion: There is need for trained health workers with supportive attitude, adequate screening and treatment services that address the sociocultural beliefs and practices of the population.

Huw Evans

PhD Student and Senior Lecturer, Applied Community Sciences

Title: Devolved Government and Trading Standards: Does the former see the latter?

Trading standards (TS) enforces law to promote fair-trading. It is delivered through local government. Successful enforcement protects legitimate business and consumers from economic abuse. This can contribute to e.g. economic well-being.

Promotion of well-being is a core Welsh Government (WG) aim through e.g. the Well-being of Future Generations (Wales) Act 2015 and the Social Services and Well-being (Wales) Act 2014. TS can contribute. However, TS is not devolved to WG so is not automatically considered.

To explore TS awareness and its potential contribution to WG policy, an on-line survey was carried out of National Assembly for Wales's election candidates in May 2016. There was related examination of each main party's election manifesto.

Findings suggest that TS has a low profile and its contribution to WG policy is not seriously considered. Implications include low TS priority influences TS resourcing; reduced resourcing affects TS capability; promotion of e.g. economic well-being is less effective.

How might TS profile be raised? With Brexit, is there potential for (partial) devolution of TS to Wales?

Jo Fawcett

Doc of Professional Practice Student and Lecturer, Health Care & Food

Title: Pedagogic teaching within the podiatric setting: Creating an evidence-informed approach.'

Purpose: The aim of this project is to develop a contemporary and evidenced informed model of pedagogy for clinical education in podiatry. Key objectives are: Define issues relating to delivery of clinical education in podiatry; Synthesise the evidence to create a model for pedagogic clinical education in podiatry.

Background: The profession of podiatry is relatively young, yet it has had to evolve quickly in response to the emergence and incidence of chronic diseases and increased life expectancy in the UK, leading to increasingly complex specialist roles and responsibilities. Within undergraduate podiatric clinical education, limited literature exists to inform workforce challenges, their impact upon undergraduate podiatry training or evidence for current approaches to clinical education.

Methods: This project will use a 'mixed methods' approach combining qualitative and quantitative methods, the project will involve participants throughout and therefore will be participatory action research (PAR). The most appropriate paradigm for this study is described as pragmatism, an effective framework when 'mixed methods' are utilised.

Conclusions: Clinical education in podiatry needs to be evidence based; opinion from stakeholders and recent postgraduates regarding their experiences can provide data that will support the notion that there is a need for a cultural shift.

Ben Johns

PhD Student, Biomedical Sciences

Title: Small Colony Variants: size isn't everything

Small colony variants (SCV's) were identified over a century ago and have largely remained a laboratory curiosity. More recently their role in chronic infections has become evident, but continues to be poorly understood. There is widely conflicting evidence describing SCVs which is partly due to the lack of a stringent, universal definition to describe the SCV phenotype.

This study used two SCVs derived from *P. aeruginosa* (ATCC 9027) and one revertant strain. Phenotypic analysis using a Biolog® phenotype array to assay carbon utilisation demonstrated that one of the SCVs had a distinct metabolic profile compared with its progenitor (wild-type) and its successor (revertant) allowing it to metabolise a unique range of carbon sources. The differential phenotype described in this study of both SCV and revertant mapped to the genomic data indicates that some observed genotypic changes are likely to be transcriptional rather than as the result of genetic mutation.

SCVs are hypothesised to arise during chronic infection as a consequence of the selective pressure of antimicrobial treatment and are thought to revert post-treatment to cause recurrent infection. The phenotypic and genotypic data challenges the advantages of the term 'SCV' due to the lack of a conserved phenotype.

Eleftheria Kodosaki

MPhil/PhD Student, Biomedical Sciences

Title: Neuroinflammation in the CNS: from molecules to cells to the diseased brain

Neuroinflammation is widely accepted as being a contributing factor to the pathophysiology of neurodegenerative diseases, and treating this may have significant implications for the patient. This study focuses on the cellular response of basic types of brain cells to inflammatory stimuli. Moreover, a focus is given to generating a plethora of different brain cell types of different origins that are present during different developmental stages, and explore what neuroinflammation might mean in each case. Further it is investigated whether neuroinflammatory and neurodegenerative effects could be preventable or modulated by molecules with known anti-inflammatory properties, such as flavonoids

Anna Kowalska,

MPhil/PhD Student, Health Care & Food

Title: Vowel acquisition in Polish-English bilingual children in South Wales: A pilot study

Previous studies investigating speech development in Polish-English bilinguals show differences between monolingual and bilingual children (Marecka et al. 2015) and cross-linguistic interactions (Tamberelli et al. 2014). There are, however, no data yet on how Polish-English bilingual children develop both languages in comparison to their English and Polish monolingual peers.

This study aims to present some initial observations about vowel development in Polish-English bilingual children in Wales. A total of eleven children were involved in this research: 5 bilingual children from Polish-speaking homes and 6 monolingual English children. The groups were matched for age and socio-economic status.

Data collection involved a delayed non-word repetition task in which both groups produced 11 English vowels, and the bilingual children 6 Polish vowels. The children's productions were audio-recorded and phonetically transcribed. To obtain more fine-grained results, the study also involves acoustic analyses, using PRAAT software (Boersma & Weenink, 2017), which are currently underway. Once complete, they will allow comparisons across the two languages, and between monolinguals and bilinguals.

The results of the current study will yield preliminary data on the speech patterns of Polish – English bilingual children in Wales, and at the same time identify possible cross-linguistic interactions.

Rhonwen Lewis

PhD Student and Lecturer, Health Care & Food

Title: Regularity in the production of early words: evidence from typical and atypical development in bilingual environments

Used to investigate the phonological development of bilingual children, the templatic approach (Vihman & Croft, 2007) is a whole-word approach, which posits the presence of greater similarity when a child's early productions are compared to each other than when they are compared to their adult referents. This approach has not yet been applied to the speech of a child not following the expected developmental trajectory.

This paper provides the first systematic account of early word production in a bilingual child with atypical phonological development. His developmental patterns are compared to longitudinal data from five typically-developing children during the single-word period, between the ages of 1;0 and 2;6. Preliminary findings following application of this approach suggest that all bilingual children, including the atypically developing child, employed the same templates while producing words from different languages. This could indicate a lack of differentiation or it could be due to phonological systems that are not yet advanced enough for differentiation to be observed.

This study has important implications for theory as well as clinical practice and raises interesting questions about the emergence and nature of phonological systems when children do not follow the expected trajectory within bilingual speech development.

Despoina Menti

PhD Student, Psychology

Title: Investigating treatment adherence of patients with type 2 diabetes mellitus following a biopsychosocial approach: A comparative study between Welsh and Greek patients with type 2 diabetes mellitus

Purpose: This study, which is part of a PhD project, aims to investigate factors related to treatment adherence of Welsh and Greek patients with Type 2 Diabetes Mellitus (T2DM), especially associations between personality, illness perceptions and adherence. It also aims to compare adherence of Welsh and Greek patients and examine associations between adherence and psychophysical health.

Background: Non-adherence to T2DM treatment leads to poor health outcomes for the patients and dramatically increased costs for the health care system. A number of factors has been related to adherence in other chronic illnesses but there is currently a lack of studies on T2DM, especially for Wales and Greece.

Methods: Participants are recruited both online and face-to-face, through convenience sampling. Based on power analysis, at least 260 participants need to be recruited. The questionnaire includes the Multidimensional Health-Locus of Control scale, the Life Orientation Test, Rosenberg's Self-esteem, Self-efficacy, the Brief-Illness Perceptions Questionnaire and a questionnaire measuring adherence. Regression analyses are mainly used. This study will conclude in May 2017.

Conclusions: Preliminary findings have shown significant associations between personality, illness perceptions and adherence, also showing significant associations between adherence and health. By examining these relationships further, we can identify important targets for interventions.

Rose O'Driscoll

PhD Student and Senior Lecturer, Applied Community Sciences

Title: 'Stoned to death by cupcakes': the cost and consequences of non-motherhood
Purpose: The aim of this presentation is to present a key finding from my research study with women who chose not to have children.

Background: Increasing number of women are defying societal expectations and choosing not to have children. However, their choices remain shrouded in disapproval and silence.
Methods: Using a constructivist grounded theory methodology; I conducted semi-structured interviews with 22 women, aged between 40 and 70 years, in England, Scotland and Wales between 2012 and 2015.

Conclusions: A key findings is that women who chose not to have children are positioned as 'women of lesser value'. By 'lesser value', I mean their lives and status are perceived as less important than women who bear children. This negative stereotyping is reinforced in workplace practices, families, and communities. One way to understand this 'lessening' is what I refer to as 'motherarchy'. Motherarchy can be best understood as an ideological discourse that promotes and sustains the higher status of motherhood within societal institutions. This finding raises important questions such as: why has motherhood a higher status? What are the societal and institutional practices that sustain motherarchy? Why is there a silence around non-motherhood?

Nzube Okeke,
PhD Student, Psychology

Title: Psychosocial intervention for building resilience among young street hawkers in Nigeria: a pilot study.

Purpose: This study investigated the effect of Get Involved (GEI) Intervention programme for child street hawker's self-efficacy, self-esteem and health and wellbeing.

Background: preliminary study showed that engagement in street hawking impact negatively on children and young people's psychosocial wellbeing.

Methods: A total of 40 participants (12-16 years with ≥ 2 years experiences in street hawking) with severity scores on the following outcome measures; General Health Questionnaire (GHQ), New General Self-Efficacy (NGSE) and Rosenberg Self-Esteem (RSES). In a quasi-experimental study, individuals were allocated to either intervention (IG) or Waiting list control (WLC) group. The primary outcomes were measured at t1 (pre), t2 (post) and t3 (5months post-intervention) respectively.

Result: Analysis of covariance was conducted with T1 as the covariate. The result showed a significant improvement at T2 with moderate effect sizes for GHQ (partial eta-squared (η^2) = 0.670) RSES (η^2 =0.607) and NGSE (η^2 =0.607) and was sustained at T3 for GHQ (η^2 = 0.722) RSES (η^2 =0.0543) and NGSE (η^2 =0.686).

Conclusion: We suggest that the intervention may have been too short to yield stronger effect and that worsening economic situation at the time of intervention follow up may have weakened the training effects.

Stuart Scott,
MPhil/PhD Student and Senior Lecturer, Applied Community Sciences

Title: Exploring the sources of stress affecting head teachers in Wales

During 2014/15, the Researcher undertook a pilot study exploring the health and well-being of head teachers in the Vale of Glamorgan. Similar to previous studies the pilot study concluded that increasing demands from governing bodies, a lack of funding and the changing role are potentially having a negative effect on head teacher wellbeing, especially in regards to stress and mental health. A number of studies have explored the factors and causes of stress in head teachers but there is currently little or no research in regards to the prevention of stressors at their source and / or the inclusion of relevant stakeholders in the process. The aim of the project is to investigate factors which influence work related stress in head teachers in Wales and to engage key stakeholders in developing a strategic framework for the future development of interventions to tackle stressors at their source.

Kathryn Tucker
MPhil/PhD Student and Lecturer, Health Care & Food

Title: Professional identity development as a qualitative researcher: The role of reflexivity.

When studying for a professional qualification, the student gradually comes to identify him/herself as that professional. This professional identification is an important element of the educational experience. Professional identity is a sense of being that professional.

Studying for a PhD can be seen as a process which enables the development of professional identity as a researcher.

My research is exploring the development of professional identity in speech and language therapy students. It employs a hermeneutic phenomenological methodology, where value is placed on subjectivity, individual lived experience and personal perspectives. An inter-subjective stance is taken where new understandings are co-produced by the researcher and participant. Reflexivity is an integral component to this. It is necessary to acknowledge any pre-understandings in order that any potential influence on the process of interpretation can be considered.

Here I provide a reflexive account of my own journey in becoming a qualitative researcher and consider key influences on my current thinking. I draw parallels between the process of professional identity development discussed within the health professional education literature and my personal journey to becoming a qualitative researcher. I also consider the inter-relationship with my multiple professional identities as a health professional and as a lecturer.

Alison Walker

PhD Student and Senior Lecturer, Psychology

Title: Gaining Perspectives: A qualitative approach to using a Q sort activity

Q Methodology is a mixed method of data collection, used to investigate the perspectives of participants who represent a range of viewpoints on an issue.

The method is based on a Q-sort: a set of statements which participants are asked to rank in order of agreement. This Q-sort is then analysed using factor analysis, which reveals the key viewpoints expressed by the participants.

Whereas the analysis in Q methodology is wholly quantitative, I have used it qualitatively. In my study, I have chosen to use the Q-sort activity to promote participants' thinking around a topic, leading to a semi-structured interview. The interview is largely based on the responses to the Q-sort. Unusually, I have chosen to repeat the Q-sort for a second interview, which addresses both the participants' current views and compares their current views with their previous ones.

This new use of the Q-sort activity has raised a number of interesting issues: with the methodology, the analysis and the interpretation of the Q-sort results.

In this presentation, I will explore the journey I have travelled between qualitative and quantitative analysis and share some of the interesting questions that have arisen around this use of the Q-sort activity.

Hilary Wicket,

MPhil/PhD Student and Senior Lecturer, Health Care & Food

Title: Group food labelling, discussion and goal setting; what do we want, what we value? Qualitative interviews with dietetic educators and service users

Purpose: To compare dietetic educators and service users perceptions of food labelling, discussion and goal setting undertaken as part of structured group nutrition interventions. Background: Structured group nutrition interventions are highly variable in their content and structure from meeting once for an hour (Glanz et al, 2012) to meeting together on 15

separate occasions (Muchin et al, 2015). Food labelling, discussion and goal setting activities are the most commonly cited components of structured nutrition group interventions. Published research typically contains insufficient information for replication. To date little is known about which attributes of these components are valued by both dietetic educators and service users themselves.

Methods: Qualitative interviews will be undertaken with both dietetic group educators (n=10) and service users (n=10). Participants will be asked to describe their expectations of group food labelling, discussion and goal setting and explore the value they place on different aspects. Sufficient detail will be obtained to map groups onto Abraham and Michie's taxonomy of behaviour change (2008).

Conclusions: It is proposed that these findings will inform the development of training for dietetic educators in order to improve the reproducibility and effectiveness of the structured nutrition group interventions they facilitate.

Wenlong Xiong

MPhil/PhD Student, Health Care & Food

Title: Brief Introduction of Roter Interaction Analysis System (RIAS)

The presentation will give a brief introduction of Roter Interaction Analysis System (RIAS), which is most widely used to evaluating the communication between health care provider (HCP) and patients during routine medical visits. Several points will be illustrated as listed below:

(1) What is RIAS?

Basic information and concepts of RIAS will be introduced.

(2) What are RIAS codes?

There are 41 distinct codes to mark every thought unit, and some examples will be used to explain this part.

(3) Introduction of RIAS coding software.

(4) Calculation of reliability and patient-centeredness.

Presentations without Abstracts

The following research students have only just enrolled on their studies, and will be giving brief presentations of their planned research projects

Philip Butterick

MPhil/PhD Student, Biomedical Sciences

Title: Investigating the mechanism of action of NX-AS-401 on Staphylococcus aureus

Susan Oladeji

MPhil/PhD Student, Health Care & Food

Title: Music exposure using Personal listening devices and hearing problems in Nigerian adolescents and young adults

Alan Protheroe

MPhil/PhD Student, Applied Community Sciences

Title: How Organisational Culture Impacts H&S Performance across Europe, in particular UK, Germany, Belgium, Spain & Russia.

Kirsten Stevens Wood

MPhil/PhD Student and Lecturer, Applied Community Sciences

Title: An exploration of Intentional Communities as experimental spaces

Denise Parish

MPhil/PhD Student and Principal Lecturer, Health Care & Food

Title: Development and evaluation of a food safety continuing professional development (CPD) programme for Registered Dietitians (RDs) supporting immuno-suppressed client groups.