

**Faculty of Business, Law and Social Sciences**

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| **Proposed Title:**An investigation into psychosocial challenges and quality of life in a Cystic Fibrosis population: Developing effective interventions. |
| **School:**Psychology  |
| **Proposed Supervisory Team:**Helen Egan Rebecca Keyte Michail Mantzios  |
| **Abstract:**Cystic Fibrosis (CF) has an extensive detrimental impact on multiple aspects of a person’s life. The complexity and degree of the symptoms of CF both physically and psychosocially present substantial challenges to people with CF and those who care for them. The aim of this research is to investigate and explore the psychosocial challenges faced by people with CF and to inform the development of effective interventions. **Methodology Phase 1: (1)** Toanalyse online and forum data of everyday difficulties discussed by people with CF. **(2)** To carry outrecorded semi-structured qualitative interviews and record clinical data: patient demographics, spirometry results (FEV1% predicted, FVC), body weight, body mass index (BMI), current medications and comorbidities. **Aim of Phase 1:** To identify some of the areas the CF population struggle with most during the later years of life. Information from both those with CF and their family and friends which is posted online in forums. **Phase 2:** 120 participants will be recruited to complete a series of validated questionnaires and clinical data will be recorded. **Aim of Phase 2:** These methods will demonstrate whether mindfulness and or compassion mediate/moderate the relationship between quality of life, mental health and wellbeing and physical health, which will further suggest which interventions may be effective. **Phase 3** To develop and trial interventions for use with CF patients incorporating mindfulness constructs. The specifics of this phase will be dependent on the results of Phases 1 & 2. **Aim of Phase 3** To develop interventions which help to improve quality of life for people with CF. **Expected Outcomes:** That this research will lead to a randomised control trial for at risk patients who will be identified by the clinical team at Heartlands Hospital.  |
| **Research Environment:**Data will be collected in a clinical setting, at Heartland’s Hospital and potentially Stoke Hosptial.  |
| **Applicant Requirements:**The ideal candidate should be a psychology (or related degree) graduate (with the degree qualification of 2:1 or above), and a good understanding of quantitative and qualitative research methods. A master’s degree, a genuine interest in the field, and some relevant voluntary or paid work experience would be desirable. Ideally the student should be offered the opportunity to undertake the PGCert in L&T and/or the PGCert in Research Methods. |
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