

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

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| **Proposed Title:** The roles of emotion differentiation and self-compassion in the association between autistic traits and anxious/depressive symptomatology**Project Reference Number 1** |
| **School:** Department of Psychology, School of Social Sciences |
| **Proposed Supervisory Team:** Dr John Galvin, Dr Atiya Kamal, Dr Kyle Brown |
| **Abstract:** This project will examine the phenomenon of emotion differentiation within the context of self-compassion in autism spectrum disorders (ASD). Recent research conducted at BCU (Howes et al., 2020) explored the association between autistic traits and self-compassion in a general population sample and found a strong negative association between these variables (r = -0.510, p<0.001). A follow up study by Galvin et al. (2020) found self-compassion partially mediated the previously established relationship between autistic traits and anxious/depressive symptomatology. The proposed PhD project will continue and extend this research by focusing on emotion differentiation.* Galvin, J., Howes, A., McCarthy, B., Richards, G. (2020). Self-compassion mediates the relationship the relationship between autistic traits and anxious/depressive symptoms. Autism, <https://doi.org/10.1177/1362361320966853>
* Howes, A., Richards, G., Galvin, J. (2020). A preliminary investigation into the relationship between autistic traits and self-compassion. Psychological Reports, <https://doi.org/10.1177/0033294120957244>
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| **Research Environment:** This project falls within the Centre for Health and Wellbeing. The PhD candidate will benefit from a rapidly growing research environment and an established network of researchers and collaborators in the field of autism and mental health.  |
| **Applicant Requirements:** Candidates should have at least a 2.1 undergraduate degree (BPS accredited) in Psychology or a related area (e.g. medicine, neuroscience). A Masters degree in Psychology or other additional experience in a relevant field would be an advantage.  |
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