



Cardiff University
School of Psychology

<i>Studentship Title:</i>	Design of an innovative e-Health intervention to support involuntary childless people
<i>Research Area/ Project Title:</i>	Developmental & Health Psychology
<i>Location:</i>	School of Psychology, Cardiff University
<i>Expected Start Date:</i>	1 st October 2018
<i>Duration:</i>	3 Years
<i>Deadline for Application:</i>	23 rd February 2018

Description of Research Opportunity:

Undesired childlessness is becoming a major challenge for western countries. In the UK 1 in 5 women postpone parenthood to an age they cannot conceive and find themselves childless at the age of 45. About 16,000 women per year end fertility treatment without the children they desire. These trends are pervasive and accentuating across western countries due to the increasing postponement of parenthood.

During the last 4 years I have focused on understanding the psychological impact of not realizing one's parenthood goals (i.e., childless or with fewer children than desired). Among other things, I conducted a systematic qualitative and quantitative review on adjustment to unrealised parenthood needs. These review, which included data from 2545 individuals from 10 different countries (Gameiro & Finnigan, 2017), showed that people who do not realise their parenthood goals experience intense grief and have lower mental health and wellbeing than those who manage to have children. In a similar way to bereavement, adjusting to the loss of parenthood implies accepting one's childless status, making meaning of the infertility and treatment experience and reconstructing one's life by pursuing new fulfilling goals or activities. This knowledge was articulated into the 3 Tasks Model of Adjustment to Unmet Parenthood Goals (Gameiro & Finnigan, 2017).

Despite the well-documented distress and difficulties experienced by involuntary childless people, so far no single psychological intervention has been developed to support them. I will work with the PhD student to explore how to apply the 3 Tasks Model of Adjustment to Unmet Parenthood Goals to support this patient population. We will develop a psychological intervention that, although based on sound therapeutic frameworks from Health and Clinical Psychology (e.g. ACT), will use visual arts and social media in an innovative way, not only to engage with affected people, but also to increase public literacy and awareness about the experience of undesired childlessness and its negative impact on mental health.

This research programme will be of interest to students who want to develop competence in the following topics:

- Health Psychology: Parenthood, infertility and childlessness;
- Clinical Psychology: Acceptance and Commitment Therapy, Mindfulness;
- Development and testing of complex health interventions (using the MRC framework: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2769032/>);
- Arts-based research: applying visual arts in research and psychosocial support (for an example of work done by me see <http://psych.cf.ac.uk/engagementimpact/thornsandflowers/>)
- E-Health.

For further information please email Sofia Gameiro: GameiroS@cardiff.ac.uk

Award:

The studentship will commence in October 2018 and will cover your tuition fees (at UK/EU level) as well as a maintenance grant. In 2017-18 the maintenance grant for full-time students was £14,553 per annum. As well as tuition fees and a maintenance grant, all School of Psychology students receive conference and participant money (approx. £2250 for the duration of the studentship). They also receive a computer and office space, additional funding for their research, and access to courses offered by the University's Doctoral Academy and become members of the University Doctoral Academy.

Eligibility:

Full awards (fees plus maintenance stipend) are open to UK Nationals, and EU students who can satisfy UK residency requirements. To be eligible for the full award, EU Nationals must have been in the UK for at least 3 years prior to the start of the course for which they are seeking funding, including for the purposes of full-time education.

As only one studentship is available and a very high standard of applications is typically received, the successful applicant is likely to have a very good first degree (a First or Upper Second class BSc Honours or equivalent) and/or be distinguished by having relevant research experience.

How to apply:

You can apply online - consideration is automatic on applying for a PhD in Psychology, with an October 2018 start date (programme code RFPDPSYA).

Please use our online application service at www.cf.ac.uk/regis/general/applyonline/index.html

and specify in the funding section that you wish to be considered for School funding.

Please specify that you are applying for this particular project.

Application deadline: 23 February 2018 with interviews (either in person or by Skype) being held in March 2018 and decisions being made by the end of March or beginning of April 2018.

General Information:

The School of Psychology is one of the largest and most successful in the UK (<http://www.cf.ac.uk/psych/>). The School's excellent standard of research and teaching has been recognised in every Research Assessment Exercise. It has its own brain-imaging centre (<http://www.cf.ac.uk/psych/cubric/>), enhancing the international-leading research in behavioural neuroscience, cognitive ergonomics, forensic, social and developmental psychology.

Cardiff is the youngest capital city in Europe and the fastest growing in the UK. It plays host to many national and international sporting events at the Millennium Stadium (<http://www.millenniumstadium.com/>). Culturally, the city is thriving, with the Wales Millennium Centre (<http://www.wmc.org.uk/>) in Cardiff Bay. Cardiff is in very close proximity to the beautiful Welsh countryside (<http://www.breconbeacons.org/>), has a two hour rail link to London and a (cheap) one hour air link to Paris and Amsterdam (<http://www.cardiffairportonline.com/>)

Please address any informal enquiries to:

Name:	Sofia Gameiro
Email:	GameiroS@cardiff.ac.uk
Phone:	+44 (0)29 2087 5376

For further information please contact:

Postgraduate Research Enquires

Email:	Psych-PhD@cardiff.ac.uk
Phone:	+44 (0)29 208 75381
Address:	Mrs Clair Southard School of Psychology Cardiff University Tower Building, Park Place Cardiff CF10 3AT