

15th September, 2021

9:15-9:25 → Registration/technical help

9:25-9:30 → Welcome

9:30-11:00 → Presentation session 1 (6 speakers)

Presentation session 1 - 9:30-11:00 – Chair: Duncan Stanley (Loughborough University)
Sarah Key (University of Leicester) - “How do littered plastics change as they degrade?”
Sally Sharp (University of Northampton) - “The changing role of the researcher in wellbeing research”
Natasha Bayes (Loughborough University) - “Changes to UK holiday club food provision during the Covid-19 pandemic”
Ahmed Ehab Abdelsalam (University of Nottingham) - “Rethinking Sustainable vertical Urbanism: The Death and Life of Vertical Social Spaces”
Emma Clare (University of Derby) - “The Changing Face of Death and Dying in the UK – The Role of Death Competency Development” -
George Bell (University of Lincoln) - “The gravitational braking of captured moons around ringed planets”

11:00-11:15 → Break

11.15-12:45 → Presentation session 2 (6 Speakers)

Presentation session 2 - 11.15-12:45 – Chair: Chantal Biemann (De Montfort University)
Sue Wood (Bishop Grosseteste University) - “Changing the way we teach children with severe physical and cognitive disabilities to develop communication skills”
Mohammed Al-Sheikh Hassan (De Montfort University) - “The power of exposure: the transition journey of foreign-trained registered nurses at a major trauma hub in Saudi Arabia”

<p>Michael Asinyaka “Nottingham Trent University”</p> <ul style="list-style-type: none"> - “Seeing the big picture: How we measure the benefits of housing retrofit investments in the UK is not working”
<p>Khadidja Kelalech (University of Leicester)</p> <ul style="list-style-type: none"> - “Women’s Education in Algeria: Change and Backlash”
<p>Hannah Ford (University of Nottingham)</p> <ul style="list-style-type: none"> - Meat me half-way: Changing consumer behaviour towards more sustainable diets.
<p>Wei Zhou (Loughborough University)</p> <ul style="list-style-type: none"> - “How to change stereotype-influenced discrimination and conflict: Mobility scooter users perspective”

12.45- 13:30 → LUNCH Break

13:30-15.00 → Presentation session 3 (6 speakers)

<p>Presentation session 3 - 13:30-15.00 – Linda Maguire (University of Northampton)</p>
<p>John Pendleton (University of Northampton)</p> <p>“Men in midwifery: 40 years of the 'perfect social experiment”</p>
<p>Rachel York (University of Derby)</p> <ul style="list-style-type: none"> - “Implications of adapting from “face to face” to virtual methods of data collection in IPA research due to covid 19 social distancing guidelines”
<p>Abigail Remmer (De Montfort University)</p> <ul style="list-style-type: none"> - Hollywood is burning: Disney’s corporate restructure pivots the film industry towards digital platforms
<p>Yola Middleton (Bishop Grosseteste University)</p> <ul style="list-style-type: none"> - Improving understanding, mindset and motivation through one-to-one mathematics tuition for learners with dyslexia
<p>Katherine Bird (University of Nottingham)</p> <ul style="list-style-type: none"> - Examining the pathway to self-harm in high-risk youth using the novel Card Sort Task for Self-Harm (CaTS): It’s time to change how self-harm is assessed
<p>Huda Yousef Al Momani (University of Lincoln)</p> <ul style="list-style-type: none"> - Impact of COVID-19 on the Conduct of the ROSE-ADAM Randomised Controlled Clinical Trial

15:00-15:15 → Break

15:15-16:00 → 3MT

Three Minute Thesis© Competition – Chair: Maria Photiou (University of Derby)		
Speaker	Title	Institution
Shirsha Bose	MIND THE GAP!!! Dry vs Wet Collagen	Loughborough University
Jakub Ciesielczuk	Participation of non-state actors in regimes regulating conservation and sustainable use of marine genetic resources	University of Lincoln
Gillian Doe	Breathlessness: symptom based pathways in primary care	University of Leicester
Daniel Gaffiero	Exploring Cognitive Biases in Pain: The role of Attention, Interpretation and Memory Biases	University of Derby
Samantha Harrison	Ears to the future: Using brain activity to predict hearing outcomes	University of Nottingham
Audrey Orage	Young males’ contemporary experiences of anxiety	University of Northampton
Rose Teanby	Early Women Photographers and their Hidden History	De Montfort University

16:00-16:45 → Networking

16:45-17:00 → Close

Appendix A: Abstracts from Showcases

Speakers from Presentation Session 1

Sarah Key - University of Leicester (sk749@le.ac.uk)

“How do littered plastics change as they degrade?”

Plastics are used and also littered in every corner of society, and tiny pieces of plastic have been found in even the most remote places on the planet. They've been found near the top of Mount Everest, 8,440 meters above sea level, and deep down in the Pacific Ocean, 10,890 meters down in the Mariana Trench. It is well known that plastics take many hundreds, or even thousands, of years to degrade, but what happens to them during this time, and how do they change? Understanding this can not only help us appreciate the true impact of plastic pollution, but it can help us to design better plastics for the future that will be less damaging to the environment as they break down. This presentation looks at how the chemistry of the polymers that make up plastics change over time as they break down in the environment. It will explore the complexities associated with trying to replicate in the lab what happens in the real world, and will give you a glimpse into the future of the many plastic items littered all over the planet.

Sally Sharp - University of Northampton (sally.sharp@northampton.ac.uk)

“The changing role of the researcher in wellbeing research”

Part way through a part-time PhD is a good place to pause and take stock (Sverdik and Hall, 2019). Looking back at the changes that have occurred over the last three years provides an opportunity to reflect on the impact change has had on the research and the researcher (Byrom et al., 2020). This presentation will explore one aspect of the research – the role of the researcher. It will identify some of the changes that have taken place and the ways the changes have influenced the position of the researcher in wellbeing research (Stubb et al., 2011). As the researcher engages with reflexivity (O’Boyle, 2017), the relational aspects of wellbeing emerge (White, 2017), casting light on the, at times challenging, interconnectedness of being a PhD student researching PhD student wellbeing (Lainson et al., 2019).

Natasha Bayes - Loughborough University (N.Bayes@lboro.ac.uk)

“Changes to UK holiday club food provision during the Covid-19 pandemic”

Many UK holiday clubs offer free food to tackle food insecurity and provide enrichment opportunities for children during the school holiday periods. During the Covid-19 pandemic, food insecurity increased substantially which, in turn, increased the demand for holiday club food provision. This study aimed to explore the changes made to UK holiday club food provision and enrichment activities during the Covid-19 pandemic. To achieve this, twenty-five UK holiday club staff participated in video-based interviews during the 2020 summer holidays. The staff reflected on the changes they implemented to sustain essential food provision and provide enrichment activities for families during the first UK national Covid-19 lockdown and the 2020 school summer holiday period. Staff also discussed the opportunities and challenges related to implementing these vital changes. The findings identified three core adaptations to holiday club food provision: Changes to food delivery methods; Changes to the reach and scale of food provision; and Changes in resource availability. The challenges and opportunities faced varied across holiday clubs. Staff shortages (typically resulting from furloughing and/or additional working demands), funding and other resource constraints, and navigating broader inequalities such as digital exclusion, were examples of the challenges faced during the pandemic in some clubs. However, numerous opportunities were presented, including enhanced partnership working, increased engagement with digital technology to communicate with families and provide online cooking sessions, and continuing to provide food and creative opportunities for children unable to attend school and/or the holiday club. The findings reinforce the importance of holiday clubs in supporting families from disadvantaged communities, and clubs’ ability and willingness to change, adapt and expand their models of

working when faced with adversity to enable them to continue to provide vital food and enrichment opportunities to families. The findings indicate key lessons that can be applied to practice in future.

Ahmed Ehab Abdelsalam - University of Nottingham (Ahmed.Abdelsalam@nottingham.ac.uk)

“Rethinking Sustainable vertical Urbanism: The Death and Life of Vertical Social Spaces”

The COVID-19 pandemic has and will continue to have a significant impact on public spaces in cities around the World. One of the major challenges and debates for governments and professionals alike is therefore how to create safe and usable environments in high-density cities. Significantly, vertical urban spaces have become a major part of the open space offer in large cities and by their unique nature in terms of location, accessibility, scale, etc. Indeed, the past two decades has seen the re-emergence of exciting social and public places in the sky which might need to be fully studied by future investigation. Significant questions are therefore raised with regard to the design and management of safe vibrant spaces within or on contemporary buildings. The research focuses on analysing two recent case studies London Sky Garden and Crossrail Place Roof Garden using a convergent mixed method approach. The purpose of this study is to explore how people are using vertical social spaces before and during the pandemic. The specific objectives are to analyse the physical experience of visitors and to examine the critical issues such as accessibility, circulation, activities, limitations of visitors, and social distancing. The research findings include a study of human activities and pedestrian modelling for the selected cases studies, and analysis of the potential need for new rules and regulations relating to the use of such spaces. The study concludes by considering whether the increasing desire and need to reduce people movement within cities, partly inspired by COVID-19 related restrictions, could actually, create a positive future for vertical social spaces. Indeed, if people are going to need to or want to travel less then there will be greater demand for open spaces within high-density cities – a new life for vertical public spaces?

Emma Clare – University of Derby (e.clare1@unimail.derby.ac.uk)

“The Changing Face of Death and Dying in the UK – The Role of Death Competency Development”

The way we die in the UK is changing. It’s theorised that countries move through three stages of end-of-life care provision alongside their economic development (Gawande, 2014). It could be argued that the UK is entering the third phase of this model, in which economic security allows people to focus on quality of life at the end-of-life, resulting in them being more likely to die in their preferred place. For around 70% of people (Dying Matters, 2021) this means dying at home, and this has been further accelerated by the Covid-19 pandemic, with deaths at home increasing by a third in 2020 (ONS, 2021). This, combined with an aging population and the fact that community end-of-life care often relies on charitable donations, means that services are under increasing pressure. If we’re to prevent this from negatively impacting patient care, whilst also facilitating a focus on quality of life, it is vital that we change the ‘how, when and where’ of providing care to our dying.

George Bell - University of Lincoln (25189120@students.lincoln.ac.uk)

“The gravitational braking of captured moons around ringed planets”

Irregular moons are a class of satellite found orbiting all of the Solar System’s giant planets: as their orbits don’t match those of their planets, they are theorised to have formed elsewhere in the Solar System and were subsequently captured in close encounters with the giant planets, changing their initial Sun-centred orbits to their current observed orbits.

Missions such as Cassini have contributed significant empirical data on irregular moons in the present day but my research aims to develop our currently limited theoretical understanding of their origins and capture through a change of focus as it will be one of the first projects to connect moon capture with another feature common to all giant planets: ring systems.

As a captured body gravitationally brakes around a ringed planet, it transfers orbital energy to the planetary system, a process which has been seen to change ring structures by creating distinctive spiral signatures which may be used to constrain key parameters of this interaction, including the trajectory and timing. My project will apply this technique to constrain scenarios for moon capture: I am conducting a series of computational simulations using the Python version of the specialised astrophysical code REBOUND modelling the capture of the large irregular moon Phoebe by the planet Saturn and Phoebe’s effect on Saturn’s ring system.

By helping to constrain scenarios for moon capture, my research will further our understanding of the moon systems of the giant planets while simulating the effects of a moon’s interaction with a ring system will offer insight into the formation and evolution of planetary rings, whether within our own Solar System or orbiting exoplanets.

Speakers from Presentation Session 2

Sue Wood - Bishop Grosseteste University (b1610465@student.bishopg.ac.uk)

“Changing the way we teach children with severe physical and cognitive disabilities to develop communication skills”

Changes in Government guidance with the introduction of the Department for Education and Department of Health (2015). SEND Code of Practice: 0 to 25 years statutory guidance and the Rochford Review in 2016 made teachers reflect heavily upon their practice. As an SEN teacher in a special school this highly influenced the choice and development of my doctoral research entitled ‘Developing Communication and Social Skills of non-verbal physically and cognitively disabled children through facilitated play’.

The special school I taught at during this time of change had begun to introduce a play-based curriculum for the most severely disabled children within the school. Observing the everyday difficulties these children had in communication and accessing play as well as being the music specialist within the school inspired me to develop a play-based interventions that could potentially help them interact with others and gain a better quality of life through improved communication strategies.

This presentation explores the ways that developing a different approach to play-based teaching and learning can develop the communication skills of children with severe cognitive and physical disabilities. It shows that by changing the way teachers and teaching assistants observe children can have a positive impact on the development of future planning and learning. Eureka moments occurred when working with teachers and teaching assistants to develop their observation skills within my research which resulted in changing the children’s learning environment from classroom-based play using musical instruments from the music trolley to outdoor play using a combination of instruments with natural materials such as sticks, leaves etc. and changing the delivery of play sessions to include a combination of structured play, ‘free’ play, music and intensive interaction strategies.

Mohammed Al-Sheikh Hassan - De Montfort University (P17236771@my365.dmu.ac.uk)

“The power of exposure: the transition journey of foreign-trained registered nurses at a major trauma hub in Saudi Arabia”

Background: The nursing workforce in Saudi Arabia is one of the most diverse work cultures in the world. Nurses from different parts of the world move to Saudi Arabia to join a long-term job or step through it to other developed countries. Saudi Arabia is a high-income country with one of the highest rates of injury-related deaths globally. The increasing number of traumatic conditions imposes a massive demand on the health system in general and the health workforce in specific. The study aimed to explore the experience of foreign-trained nurses in moving to Saudi Arabia and transitioning from novice to expert trauma nurses.

Methods: The study employed a descriptive phenomenological approach to answer the research question and achieve the aims. The lived experiences of foreign-trained registered nurses were investigated, structured, and described to enhance the understanding of their journey of moving to Saudi Arabia and providing nursing care in a novel field of practice. In-depth unstructured one-to-one interviews were utilised to gather data about the participants’ transition journey through real-life examples and stories from their own experiences. Data were analysed using Colaizzi’s descriptive phenomenological method and framed by Benner’s: From Novice to Expert model.

Findings: Four main themes were identified: facing a new reality, progressing forward, achieving growth, and mastering the role. The emerged themes constitute the elements of the journey of moving to a new country and practising in a new nursing field. The acquired exposure throughout the journey shaped the nurses’ experience and provided them with the keys and competence to mastering their roles.

Conclusion: Expatriate nurses were able to integrate within a complex environment. However, they faced various challenges requiring further attention to provide them with proper preparations and education before their arrival and throughout their journey.

Michael Asinyaka “Nottingham Trent University” (michael.asinyaka2019@my.ntu.ac.uk)

“Seeing the big picture: How we measure the benefits of housing retrofit investments in the UK is not working”

In the face of rising energy efficiency (EE) targets, consumer disengagement and resource constraints demanding higher levels of cost-effective allocations, the need to understand and quantify the benefits of EE investments such as retrofitting is increasingly important for stakeholders. Besides, retrofitting our existing housing stock represents a huge potential in climate change mitigation and achieving the UK’s carbon neutral targets. There are also wider benefits from retrofit investments such as improved health & well-being of occupants or fuel poverty reduction and job/employment creation and local economic growth. While these additional benefits have generally been acknowledged in the analysis of retrofit investments, they are not properly understood and internalised into decision-making on retrofit policy and work and this needs to change.

This research looks at identifying and measuring these additional benefits of retrofits in the social housing sector by engaging tenants and landlords – key stakeholders in the sector – to understand how they perceive and prioritize benefits. In addition, it seeks to offer a framework to guide robust evaluation and quantification of these benefits. Understanding and quantifying these wider range of benefits will allow a better understanding of actions and motivations influencing stakeholders involved and provide a fuller picture of the total benefits of retrofit investments. In addition, it offers an opportunity to scale retrofit implementation and consumer engagement. To achieve these objectives, the research relies on literature reviews, semi-structured interviews and surveys employing a combination of Delphi and Analytic Hierarchy Process (AHP) techniques to prioritize and establish weightings for indicators and criteria for the identified retrofit benefits. Ultimately the research will produce a framework and a set of tools to systematically identify and measure benefits of retrofit investments, by all stakeholders to allow for robust and informed investment decision-making and evaluation of the realised benefits.

Khadidja Kelalech - University of Leicester (kk349@le.ac.uk)

“Women’s Education in Algeria: Change and Backlash”

A key aspect of my PhD research focuses on the change that the feminist struggle against social inequalities has brought to women in Algeria. In my research, I investigate Algerian female university students’ perceptions

and experiences of the recently proliferating misogynistic social media representations of them. These social media representations (Facebook and YouTube in this study) have been depicting tertiary female students in misogynistic and stereotypical pictures that have affected women’s education throughout the country over the last decade. To understand this phenomenon, my literature review carries out a discussion about the history of women’s emancipation in Algeria and the “backlash” that this unwelcomed change in gender roles is facing. The study attempts to initiate a discussion about a social phenomenon that depicts the constant struggle between patriarchal structures and the change that feminist agency is demanding and, sometimes, effecting. Based on an intersectional approach, it seeks insights into female students’ individual perceptions and experiences of (i) the ways in which they are represented on social media platforms in Algeria, and (ii) the influence, if any, of such media portrayals on their tertiary education and future career choices. My conceptual framework is built on two theories: intersectionality in feminist research and Giddens’ theory of structuration (1984). To elicit female students’ individual stories of these representations, I adopted a narrative approach to methodology. By learning about women’s stories of interacting with misogynistic social media representations of them, my PhD project has potential to further our understanding of one of the many issues facing women’s education in the contemporary era of change.

Hannah Ford - University of Nottingham (Hannah.Ford@nottingham.ac.uk)

“Meat me half-way: Changing consumer behaviour towards more sustainable diets”

A healthy and sustainable diet is one in which the reduction of meat consumption is required to combat environmental, public health and food security issues. To accelerate change, an understanding of consumers’ willingness to reduce meat consumption is required. Known influential factors in meat-eating behaviour such as environmental awareness and attitudes to meat will be explored alongside motivations and barriers to change. Protein alternative products such as plant-based meat substitutes, cultured meat and edible insects offer viable solutions when replacing and reducing meat intake sustainably. Therefore, understanding consumer acceptance towards these alternatives is also of interest. An online survey (n=669 UK adults) applied the Theory of Planned Behaviour (TPB) to predict intentions to reduce meat intake based on three core components, (subjective norm, perceived behavioural control and attitudes). This novel study extended the model to incorporate the Meat Attachment Questionnaire (MAQ) to provide further explanatory power regarding behavioural intentions. Results found that 67% of meat-eaters were willing to reduce their meat consumption, the greatest of which was for red meat. The biggest predictors of intention to reduce meat were attitudes towards meat. Interestingly, consumer awareness around the environmental impact of eating less meat correlated with overall meat consumption, with higher meat eaters less aware of the negative impact. Motivations to reduce meat and accept protein alternatives related to the environmental benefits, sensory appeal, and animal welfare with the level of importance varying across consumer groups dependent on consumption habits and socio-demographics. Overall, meat-eaters were most willing to try meat substitute products followed by cultured meat and edible insects. These findings therefore drive insight in the development of meat reduction strategies and the acceptance of meat alternatives which are needed to facilitate shifts towards more sustainable diets and changes within the food industry moving forward.

Wei Zhou - Loughborough University (W.Zhou@lboro.ac.uk)

“How to change stereotype-influenced discrimination and conflict: Mobility scooter users perspective”

In the UK, mobility scooters are helping an increasing number of people who have difficulties in walking to maintain their ability to move independently and improve their quality of life. With increasing popularity of mobility aids in the UK, incidences of conflict are emerging. This is mainly evidenced through discrimination and negative responses towards mobility scooter users when using shared space and interacting with others.

The majority of people who use mobility scooters are elderly or have invisible disabilities that cannot be recognised from their appearance. Due to the lack of public understanding about the capabilities and use of

mobility scooters, conflicts can occur in shared spaces and mobility scooter users can become victims of discrimination and unwelcome comments when sharing space with others. These incidents not only affect the mental health of mobility scooter users, but also impact on the friendliness and harmony of the whole society.

This study carried out semi-structured interview method from the perspective of mobility scooter users to explore the experience of users in shared space. The aim of the study is to identify mobility scooter users' conflict experiences and public attitudes, then further provide insights for solutions. The study found that mobility scooter users who were classified as "vulnerable" were more likely to receive sympathy and tolerance from the public and that this 'vulnerability' was signalled by the type of assistive device used (mobility scooter or wheelchair) along with visible overtness of disability and age. The emergence of this situation is closely related to the public's stereotype of mobility scooter users.

This research contributes to understanding of psychological experiences of mobility scooter users. It provides insights into the nature of the conflict and how it might be mitigated to improving quality of life of people with disabilities through increased social equity and inclusion.

Speakers from Presentation Session 3

John Pendleton - University of Northampton (john.pendleton@northampton.ac.uk)

"Men in midwifery: 40 years of the 'perfect social experiment'"

"It is over 40 years since 28 men were tentatively admitted on to pilot schemes to train as midwives in 1977, with restrictions to men entering the profession fully lifted in 1983. Resistance to this radical change from female midwives was strong with a fear that the advent of men into the profession posed a threat from 'perverts' or those seeking male domination by occupying senior posts. In the intervening years, however, there has been no significant change in the number of men entering the profession, with men currently representing only 0.3% of the midwifery population in the UK.

Despite being described as 'the perfect social experiment' there has been no primary research about the experiences of men working as midwives. As one pioneering male stated, 'the complete absence of data about men in midwifery is surprising in view of the controversy that had surrounded their initial introduction into the profession'. This presentation will discuss some initial data from an Interpretative Phenomenological Analysis of interviews amongst 13 men who have practised midwifery and seeks to understand their experiences in arguably the world's most mono-gendered profession.

I suggest that there can be a radical divergence between anticipated and actual changes that occur when gendered bodies enter spaces that are not designed to accommodate them; change can in fact provoke resistance and stasis. Rather than dramatic and cataclysmic changes to the existence of the midwifery profession, the extreme numerical minority of men in midwifery, I argue, leaves men inhabiting liminal spaces that stubbornly refuse to change and leaving them without adequate language to articulate their experiences. I illustrate this with a discussion on how the rhetoric of equality and diversity used by participants exposes the shifting narratives of men when they become gendered in female spaces."

Rachel York - University of Derby (r.york2@unimail.derby.ac.uk)

"Implications of adapting from "face to face" to virtual methods of data collection in IPA research due to covid 19 social distancing guidelines"

The theme of change is highly relevant to my doctoral research which focuses upon the experiences of Advanced Nurse Practitioners (ANP's) working within the Urgent Treatment Centre environment in an unregulated practice context. Using Interpretative Phenomenological Analysis (IPA) methodology to uncover and explore the key underlying issues affecting the experience of ANP's, this area of research has the potential

to be highly emotionally laden. Face to face interviews were initially the preferred method of data collection prior to the Covid 19 pandemic, however due to social distancing guidelines implemented by the UK government, a change was required to a key element of the research process and data was collected using online or telephone interviews instead. Whilst this necessary and unavoidable change was required, it brought into question whether the interaction between researcher and participant may also be altered, and whether the quality of the data collected would be rich enough despite being unable to be present in the same room whereby visual cues may be easier to observe. This presentation will discuss the implications of these adaptations in data collection, and the surprising benefits of that unexpected change in protocol.

Abigail Remmer (De Montfort University) (P14162274@my365.dmu.ac.uk)

“Hollywood is burning: Disney’s corporate restructure pivots the film industry towards digital platforms”

Hollywood as we know it may be over. The COVID pandemic has forced many film studios to reframe and reorganise their processes and strategies to capitalise on a very real market reality: the rise of streaming services and the impending apocalypse of the big screen.

The emergence of new technological advances and changing audience needs is not a new phenomenon for Hollywood, nor is streaming akin to the disruption that TV brought about in the 1940-50s where “the heads of the major studios were often seen as resistant to the possibility that television would offer a real threat to their business. It is typically assumed that Hollywood executives dug their heads in the sand, wishing that television would go away, until it was clear that they had to compete with the new medium in order to survive.” (Wasko, 2013) Yet since the global pandemic, many businesses must now understand and implement these new mediums to ensure firm survival.

This paper analyses Disney as an example of this concept. A key area of research on Disney in the field of Hollywood economics omitted is that of Disney’s growing competitive advantage in the film industry and its direct impact on neighbouring film studios. This research will look specifically at Disney’s new strategic reorganisation of its entertainment operations towards streaming and the immediate change that this brings to Hollywood. Through quantitative analysis of previous literature on vertical and horizontal integration, analysis of management of change models and recent company annual reports, we will focus on two main questions: what does a large change requiring digital transformation mean for Disney and the film industry as a whole? Can Disney sustain this change to remain rare and competitive in its strategies and practices?

Yola Middleton - Bishop Grosseteste University (B1203057@student.bishopg.ac.uk)

“Improving understanding, mindset and motivation through one-to-one mathematics tuition for learners with dyslexia”

The study investigated if short-term one-to-one tuition, and improvement in motivation and mindset, could bring about change in mathematical understanding for learners with dyslexia. Studies in the field of mathematics have shown that high quality teaching (HQT) can promote mathematical understanding. Teaching that focuses on learners’ mindset and/or motivation can also significantly impact learners' academic achievement, cognition and learning behaviour.

A small sample case-study design was used, utilising a combination of qualitative-quantitative methods. The research focused on three learners, all recently diagnosed as having dyslexia:

- Student-1: 47-year-old male in the military, re-doing GCSE maths.
- Student-2: 14-year-old underconfident female in Year 10.
- Student-3: 18-year-old male, doing A-level resits, having recently being awarded a ‘U’.

Although Student 1/2 had always struggled with mathematics, Student 3 only struggled at A-level. Whilst the intervention was conducted online, due to COVID-19, the researcher ensured that the learners felt able to try different methods, develop their ideas and make mistakes. The students’ also had weekly lessons on mindset/wellbeing.

Data was collected using four methods: semi-structured interviews, drawings, questionnaires and tests. Comparison between the pre and post-test results showed considerable change in mathematical understanding for all three learners but did not explain why. The motivation questionnaire also showed improvement; however, as the learners struggled to understand the mindset questionnaire, no result could be ascertained. Yet, during the interviews, the learners’ language showed a transition from a fixed to growth mindset and a development of more intrinsic motivation. Their drawings also showed how the learners began to develop a positive attitude to mathematics.

In conclusion, the research did appear to show that that one-to-one tuition may be able to improve mathematical understanding for learners with dyslexia. However, it also showed that improvement in the learners mindset and motivation to learn was also necessary to create change.

Katherine Bird - University of Nottingham (Katherine.Bird@nottingham.ac.uk)

“Examining the pathway to self-harm in high-risk youth using the novel Card Sort Task for Self-Harm (CaTS): It’s time to change how self-harm is assessed”

Self-harm (any self-injury or -poisoning regardless of intent) is a significant public-health concern, affecting approximately 50% of adolescents. The concern relates to physical harm and emotional distress self-harm causes. Self-harm results in reduced academic and employment attainment and reduced physical- and mental-health. Most concerningly, self-harm is the most common predictor of suicide. Trans youth and youth with disordered eating (DE) are two groups at significantly increased risk of self-harm and suicidality. Consequently, addressing self-harm in these high-risk groups is key to reducing later suicide risk. Known risk factors for self-harm include depression, impulsivity, and relationship difficulties. Historically, risk factors have been investigated in isolation. This limits the predictive value of risk assessments and the effectiveness of subsequent treatment, as focus is placed on key risk factors while ignoring other risk and protective factors. Changes to how self-harm is assessed are urgently required to improve understanding of the self-harm pathway of high-risk groups and improve treatment effectiveness. Rather than focus on single risk factors, the novel card sort task, CaTS, uses 117-cards to examine the dynamics between thoughts, feelings, events, and behaviours leading to self-harm. Young people describe their personal pathway to self-harm along a 6-month timeline by placing personally relevant cards at the relevant timepoint. Lag-sequential analysis and Indicator Wave Analysis will examine the temporal dynamics between factors. An online version of CaTS will be developed and used to examine self-harm pathways in trans youth and youth with DE. The aim is CaTS will be a clinical tool which changes the way self-harm risk assessments are performed by investigating the dynamics between multiple factors, rather than focus on one. This will help client and clinician better understand the clients self-harm pathway and identify intervenable targets. These may be factors which support self-harm behaviours or protective factors which support positive change.

Huda Yousef Al Momani - University of Lincoln (17670274@students.lincoln.ac.uk)

“Impact of COVID-19 on the Conduct of the ROSE-ADAM Randomised Controlled Clinical Trial”

Introduction

The COVID-19 pandemic has presented critical challenges to the research field in a variety of ways. The lockdown and the protective measures due to COVID-19 have disrupted ongoing clinical trials through permanent cessation, temporary pause, or protocol modifications. Elderlies and patients with diabetes are amongst the groups at higher risk of developing serious illness from COVID-19. Hypoglycaemia is a serious

adverse effect of diabetes treatment, specifically in older adults. This study aimed to evaluate the impact of a pharmacist-led intervention on hypoglycaemia prevention in elderly patients with type 2 diabetes. Certain measures were necessary to minimise disruption due to COVID-19 to this trial, while keeping safety of this vulnerable population as first priority.

Methods

This was an open-label, parallel randomised controlled clinical trial, conducted in the outpatient clinics at a hospital in Jordan. Two hundred and twelve participants, who were elderly (age \geq 65 years); diagnosed with type 2 diabetes; and taking insulin, sulfonylurea, or any other three anti-diabetic medications, were equally randomised to intervention (SUGAR Handshake) and control (usual care) groups. The SUGAR Handshake was an individualised counselling session, reinforced with a pictogram and a phone call at day 45 from enrolment. The primary outcome was the rate of total hypoglycaemia per-patient in three months. A nested qualitative study was conducted as process evaluation. The restrictions due to COVID-19 have disrupted the recruitment, qualitative interviews, end-point data collection, and debrief processes.

Results

The intervention significantly reduced rate of total hypoglycaemia per-patient in three months compared to the control group (3.91 \pm 7.65 vs. 6.87 \pm 11.99[95% CI, 2.36-3.57], p <0.001). Protocol modifications were implemented to adapt with the government rules to control the pandemic and to minimise the negative impact of COVID-19. These modifications involved additional recruitment clinics after resuming the study; phone interviews; and emails and smartphone applications for data collection and debriefing participants.