Abstracts

Tuesday 29th June, 14.00-15.30

<https://stmarys.zoom.us/j/87133822196?pwd=SXM2Z2Y2SnRSU0d3enV5SjlmM3pyZz09>

**Theme 4: Health Research (Session Chair: Anne Majumdar)**

**Talk 1: Antony Laban-Sharman:**Self-care practices for anxiety during the COVID-19 pandemic in the UK in adults.

**Talk 2: Fiona Leggat:** An evaluation of narrative pedagogy as a knowledge translation tool in the National Health Service (NHS)

**Talk 3: Ammi King:** A systematic review and meta-analysis of the efficacy of genotype-based dietary or physical activity advice on behaviour change in healthy individuals and individuals that are ‘at risk’ of cardiovascular disease, Type II diabetes or obesity.

Title: Self-care practices for anxiety during the COVID-19 pandemic in the UK in adults

Presenter: Antony Laban-Sharman

There has been a large-scale reported increase in prevalence of anxiety over the past year. Self-care behaviours for anxiety management have gained increased attention as the National Health Service cannot chronically sustain the overwhelming demands being placed on it due to financial cuts, staff numbers and presence of Covid-19. Thus, it is essential to comprehend and acknowledge the profound influence Covid-19 has had on anxiety levels and explore what behaviours people engage in to manage their perceived stress levels as it will guide future interventions to focus on self-care behaviours that individuals choose and perform consistently. 110 self-referred adults aged 18-65 with anxiety completed an online survey. Data collected from the free-text questions were analysed using the thematic analyses method to evoke the most relevant themes and generate an evidence-based narrative. Self-care behaviours used for anxiety self-management pre and during lockdown were walks, virtual family/social peer support, cooking and aerobic exercise. Additionally, it was identified that a lack of ongoing family/social support was a key predictor for the proclivity of anxiety-inducing thoughts to be experienced. Interestingly, through the qualitative themes, individuals who continually engaged in activity reported experiencing positive mood states irrespective of the current lockdown environment. This study adds to novel literature on the current anxiety levels of adults living in the UK under the Covid-19 pandemic and what self-care behaviours people implement to self-manage their anxiety levels. Additionally, this study stresses the significance of ongoing peer support as a self-care behaviour that can act as a positive meditator for healthy cognitive processes to ensue. Therefore, future self-care programmes advocating this strategy may, if not prevent, slow down the rising cases of anxiety and ill mental health due to the uncertain environment of Covid-19.

Title: An evaluation of narrative pedagogy as a knowledge translation tool in the National Health Service (NHS)

Presenter: Fiona Leggat

**Background**: Stories circulate in narrative environments. Within such environments, specific narratives are supported and valued (master narratives), whilst others are suppressed and marginalised (counter stories). In major lower limb amputation (MLLA) rehabilitation, limited narratives of recovery circulate, whilst those dominating have been reported as unrealistic. Such scant narrative resources have left individuals with MLLA with feelings of uncertainty and apprehension, unable to make sense of their experience or map their lives in the future. In contrast, the provision of multiple, alternative narratives offers individuals greater flexibility and opportunity to map their lives in socio-culturally inclusive way.

With narratives of MLLA identified, this study formed part of a wider programme of research to develop and translate narrative knowledge to broaden the narrative environment of MLLA rehabilitation. This study aimed to evaluate the use of a narrative pedagogy intervention to translate narrative knowledge to individuals with MLLA.

**Methods**: The narrative pedagogy intervention comprised of two phases; presentation of five multimedia stories of MLLA recovery and a narrative exchange. The intervention was delivered to individuals with MLLA as a focus group activity, forming part of their routine care within an NHS prosthetic rehabilitation setting. Underpinned by the RE-AIM framework, qualitative methods were employed to evaluate the intervention. In addition to the focus group activities, qualitative surveys and researcher and clinician observation were also used. Data was analysed using an abductive thematic analysis.

**Findings**: Findings will be presented.

**Discussion**: Narrative pedagogy offers a new, accessible tool for translating narrative knowledge to clinician and patient populations. For patients, narratives may foster sense-making, and the ability to map their future. For clinicians, narratives may enhance patients’ autonomy and engagement in rehabilitation.

Title: A systematic review and meta-analysis of the efficacy of genotype-based dietary or physical activity advice on behaviour change in healthy individuals and individuals that are ‘at risk’ of cardiovascular disease, Type II diabetes or obesity

Presenter: Ammi King

**Background**: Obesity increases the risk of developing type II diabetes (T2DM) and both obesity and T2DM increase the risk of cardiovascular disease (CVD).  Cardiovascular disease is the most common cause of death worldwide.  Modification of dietary and physical activity behaviours can reduce the risk of obesity, T2DM and CVD. However, current dietary and physical activity recommendations in the UK are not being met.  Making health advice more personally salient can increase the likelihood of behaviour change. A genotype-based personalised approach to recommendations may motivate individuals to make positive changes in their dietary and physical activity behaviour.  Studies to date have reported conflicting findings in terms of gene-based advice on behaviour change.

**Aim:**  To evaluate the efficacy of genotype-based dietary or physical activity advice on behaviour change in healthy individuals and individuals that are ‘at risk’ of cardiovascular disease, Type II diabetes or obesity.

**Methods**: Medline, Embase, PsycINFO, Cochrane Central Register of Controlled Trials and article reference lists were searched for primary research articles up to 20th November 2020.  The PRISMA Flow Diagram and PRISMA Checklist were used to guide the search strategy. Studies were selected if they included healthy or ‘at risk’ participants (18 years and above), who received gene-based dietary or physical activity advice to reduce the risk of obesity, T2DM or CVD and were compared to a control group. Studies included an outcome measure of dietary or physical activity behaviour.

**Results**: Data extraction and assessment of risk of bias are ongoing.