Adam Spacey (FHSS, PhD)

A Critical Realist Evaluation of End of Life Care in Care Homes

Aim: To inform the design and development of interventions capable of supporting the delivery of high-quality end-of-life care in UK care homes.

Background: Numbers of advance care plans and unnecessary admissions to hospital at the end of life are outcomes commonly used to determine the quality of end-of-life-care UK care homes. However, there is currently a sparsity of research exploring the underlying processes behind these outcomes. This gap in knowledge has limited the effectiveness of interventions designed to improve end of life care in care homes.

Methods: Critical realist evaluation was used to address this gap in knowledge.

Findings: Findings identified the underlying processes behind outcomes used to measure high-quality end-of-life-care in UK care homes. This new knowledge was used to design interventions more likely to be capable of improving end-of-life-care in UK care homes.

Contribution to knowledge: This study has provided the foundational components and rationale for the development of a cross-sector multicomponent end-of-life-care intervention.

Aniebiet Ekong (FHSS, PhD)

Challenges and facilitators to healthy eating in pregnancy: a systematic review

The pregnancy period is an ‘opportune’ time for the adaptation of healthy-eating messages. Previous research has shown that the uptake of healthy eating messages and interventions by pregnant women is poor. It is imperative to evaluate the evidence regarding the barriers and facilitators to healthy eating in pregnancy in order to improve maternal services and reduce the incidence of maternal malnutrition. A systematic literature review was undertaken and produced 5,816 papers with Twenty-six papers meeting the inclusion criteria. The review found that pregnant women regarded socio-cultural influences, nutritional knowledge and organizational challenges more highly than physiological changes as challenges to healthy eating, suggesting a need to consider the religious and cultural preferences of the women aligned to individualized healthy eating messages. This systematic review evidences the need for the consideration of socio-cultural context in the development of healthy eating messages especially for immigrants and would be used as an evidence build-up.

Bronwyn Sherriff (FHSS, PhD)

Low back pain – which contextual factors can augment current treatment?

Low back pain (LBP) is a substantial contributor to disability, signifying an extensive health concern. Symptom improvement is a common outcome of conservative treatments for LBP, but it is unclear which elements of the therapeutic encounter are impactful. Contextual factors (specifically, patient’s and practitioner’s characteristics/beliefs; patient-practitioner relationships; the physical environment/setting; and treatment characteristics) may be important, but there is limited evidence regarding their effects. This systematic review examines the influence of contextual factors on pain and physical functioning of LBP patients. Four databases were searched, and 15 primary studies met the inclusion criteria. Extracted data were synthesised using a narrative approach. The interventions intended to alter patient’s
beliefs, modify the patient-practitioner relationship, manipulate treatment characteristics, or vary the treatment environment. Preliminary findings suggest significant reductions in pain intensity and improvements in physical functioning via contextual factors. This research aids in identifying potentially useful mechanisms to augment conservative care for LBP.

Chantel Cox (FHSS, PhD)
IDENtiFy study: Supporting the identity needs of older people with frailty

The aim of this study is to understand how an older person’s sense of self and identity in relation to frailty is constructed in a NHS Day Hospital, and how positive processes could be transferred to support best practice in other health care settings. This is an ethnographic study carried out in two phases over 22 months. This research is creating an evidence base in the area of identity in older people with frailty. The study is ongoing but initial themes identified relate to; loss of functionality, promoting capabilities, compassionate care and nurturing environment. The themes identified may contribute towards supporting a positive sense of self for older people with frailty. Patients and their carer’s are nurtured in a positive environment and given time to adapt to their changing identities which can potentially lead to improvement in patient.

Chloe Casey (FHSS, PhD)
Exploring the Wellbeing of Postgraduate Research Students at Bournemouth University

International studies have highlighted a high prevalence of psychological distress, emotional exhaustion and low wellbeing in postgraduate research students (PGRs). However, there is a lack of UK published literature focusing on this and few researchers have implemented wellbeing interventions in PGR samples. This study addresses the issue of low wellbeing in PGRs through a combination of data from surveys and interviews. Quantitative findings indicated that wellbeing and resilience scores were significantly lower than population averages. This was explored in the interviews, finding that threats to PGRs’ sense of control, identity and balance underpinned low wellbeing. Adaptive coping strategies including social coping and project management counteracted this. This study provides further evidence of the aspects of the UK PGR experience that can affect wellbeing and begins to recommend methods of promoting it. This will inform the next phase of the research: the development of a pilot wellbeing intervention for PGR students.

Dana Seow (FM, PhD)
The role of gender, culture and patriarchy in Asian women travel experiences

Tourism research has witnessed remarkable growth and diversification associated with travel experiences. The existing studies suggest that travel experiences are socially constructed, therefore it is difficult to separate women’s travel experiences from the cultural situation that women are associated with. Social and cultural interactions are gendered, hence, gender plays a crucial role in travel experiences. Considering the rapid growth of tourism in Asian, this study aims to explore the roles of gender, patriarchy and culture in the travel experiences of Asian female travellers. This study adopts a qualitative narrative approach through feminist lens in analysing and interpreting the data from a woman’s point of view. This preliminary finding of this study relied on the participants’ narrations of, not only their travel experience, but also their life experiences as Asian women from different cultural backgrounds. Gender expectations
and traditions were their main concerns which bring about resistance, self-preservation and freedom.

Gemma Lovett (FST, MRes)

The relationship between self-prioritization, reward-prioritization and emotion-prioritization effects

Human behaviour is biased in many ways. Three key influential factors that affect the way we prioritise our behaviour (even at a perceptual level), are high-reward, self-relevance and positive-emotions. Previous research surrounding these perceptual drivers, yields inconsistent evidence towards the relationship between them (Yankouskaya et al., 2018). The current study makes a first step towards clarifying the effects of self-, reward-, and emotional-biases on perception and the relationship between them. Twenty-five participants, (thirteen females, between eighteen and twenty-two years), participated in three variants of an associative-matching-task from Sui et al., (2012). Participants learnt associations between identities/rewards/emotions and geometric shapes. Faster response-times and better accuracy for self, high-reward and happy labels, indicated a prioritization effect for self-relevance, positive-emotion and high-reward. Results also revealed a relationship between self-relevance and positive-emotion. No relationship was found between these and reward-prioritization effects. Findings suggest distinct mechanisms between self/emotion processing and reward processing.

Giulia Levi (FHSS, PhD)

Bridging societal divisions in post-Brexit referendum UK, learning from Bosnia

My doctoral project compares civil society interventions aimed at bridging societal divisions in post-war Bosnia and in post-Brexit referendum Dorset. Even if at different degrees, both contexts experienced changes in the previous applicable citizen rights regime that have led to a redefinition of identities and human experiences of sudden exclusion and discrimination. Reversing the usual West-East knowledge transfer, this study aims at exploring how civil society organizations (CSOs) deal with these changes in the evolving UK context by learning from the 25 years of experience that post-war Bosnia has with ‘reconciliatory’ interventions. My 2018 findings from ethnographic fieldwork in Srebrenica have informed my research with organizations promoting community relations in Dorset. Based on immersed ethnographic inquiry, this study is an epistemological exercise of applying an anthropological ‘gaze of the other’ to the UK context, questioning the conceptual framework according to which CSOs present ‘the problem’ of societal divisions and frame their actions on the ground.

Hamed Hamzeh (FST, PhD)

FFMRA: A Fully Fair Multi-Resource Allocation In the Cloud Computing Systems

Fair allocation of resources in the cloud is one of the most challenging issues that becomes more interesting especially when many users submit their tasks and requests include multiple resources. Research in this area has been considered since 2012 by introducing Dominant Resource Fairness (DRF) algorithm as an initial attempt to solve the resource fair allocation problem in the cloud. Although DRF has some good features in terms of fairness, it has been proven inefficient in some conditions. Remarkably, DRF and other works in its extension are not proven intuitively fair after all. These implementations have been unable to utilize all the
resources in the system and more specifically, they leave the system in an imbalanced situation with respect to each specific resource. To tackle those problems, in this paper we propose a novel algorithm namely FFMRA the inspiration of DRF which allocate resources in a fully fair way.

**John Norman (FM, MRes)**

*Physical literacy and climbing walls*

This study aims to examine whether climbing walls are a valid activity for the development of physical literacy in the students that take part in organised climbing clubs. The study takes a qualitative approach, using questionnaires and interviews to gain an insight into the feelings of climbing coaches. Questionnaires were completed from 22 coaches working at various climbing walls in Dorset and Hampshire, followed by 5 semi structured interviewed to further examine the coaches feelings. The data was then analysed using thematic analysis allowing themes to emerge from the data. Three themes were identified, performance motivators, social inclusion/acceptance and facing fears. The coaches felt that students were motivated by mastery of the skill or feeling that they belonged in the environment. Additionally, fear was seen as a major barrier for many. This is the first study to link physical literacy and climbing walls.

**Malika Felton (FHSS, PhD)**

*Cardiovascular Responses to Slow and Deep Breathing in Healthy Pregnant and Non-pregnant Women*

Slow and deep breathing (SDB) causes immediate changes to cardiovascular variables (heart rate and blood pressure) but these are not fully understood. To understand how SDB can reduce blood pressure long-term through daily practice, we need to first understand the short-term responses. Pregnancy induces physiological changes that may affect how women respond to SDB and therefore it is important to include both pregnant and non-pregnant women. Continuous heart rate and blood pressure were measured while women conducted a series of breathing exercises. SDB causes greater within-breath cardiovascular changes than breathing at a normal frequency (spontaneous breathing), e.g. increasing respiratory sinus arrhythmia. Responses were similar in both groups, but respiratory sinus arrhythmia was lower in pregnant women, with SDB increasing respiratory sinus arrhythmia to non-pregnant spontaneous breathing levels. Understanding the within-breath cardiovascular changes during SDB can be used to enhance clinical interventions to lower blood pressure in pregnant women.

**Mark Bond (FMC, PhD)**

*A Silent Voice: Exploring Practice as Research, Voice and Diversity*

A Silent Voice is a practice-as-research film and presentation that examines the impact of digital cinematographic technologies on representation and identity. It investigates moving image construction and awareness within a specific cultural media environment, challenging audience expectations, notions of agency and marginalised voice. It questions why we make films and how we see films. Adopting an experimental mode, the film documents the rehearsals and premier of the Rites of Spring ballet by a troupe of young dancers with Down syndrome performed at the Royal Opera House in London 2019. The film profiles dancers, guardians and
choreographers and explores the interrelationship between subject, place, and medium. The ephemeral physical performance in the world-renowned opera house and the digitisation and postproduction manipulation of recorded events. The film tests assumptions regarding the representation of performing arts and elite spaces in film and television. It asks questions and seeks answers.

Mary Hogarth (FMC, PhD)

Magazines’ business strategies in the face of digital disruption: my evolving research journey

This short presentation will focus on my research, which investigates the evolution of print magazine business strategies from 2010 to 2020. A summary of my key findings will also identify potential opportunities with regards to disseminating new knowledge and reveal some of the valuable lessons learned while building that initial framework. Early methodology options – such as adopting a mixed-methods approach – will also be explored, along with the rationale that combining methods facilitates a broader design that can add depth and detail to the data. The oral presentation will also demonstrate a structural outline of my proposed methodology, before summarizing the project’s contribution to new industry knowledge thus far looking at emerging themes such as servitization and a move to change magazine subscribers into members.

Paul Clarkson (FST, PhD)

Frogs and Water rats: tales of the riverbank at Early Neolithic Boncuklu

Microfauna recovered from archaeological contexts were used to investigate the lifeways of people who lived at Boncuklu 10,000 years ago. Research focused on what the local environment of Boncuklu was like, the impact of anthropogenic activity on small vertebrates, whether small animals provided information about ritual behaviour, and whether they formed part of the inhabitants’ diet. Microfauna were recovered using flotation and sieving, and their shape, structure, and surface markings recorded and quantified using standard zooarchaeological techniques. Most were frogs and water voles, sometimes marked by algal attack, which suggests a wet environment. So many frog bones were found in middens, with a marked hind limb bias, that human consumption is likely. Mice mandibles suggest Boncuklu was a sedentary site with a large proportion of people living year-round. If confirmed as house mice this would be the earliest evidence for commensalism on the Anatolian Plateau to date.

Raysa El Zein (FHSS, PhD)

A feasibility study looking into coconut oil intake and cognition

Associations between nutrition and cognitive impairments in older adults with the relation between glucose hypo-metabolism and neuro-degeneration were demonstrated in multiple studies. Inducing ketosis to provide an alternative energy source (ketones) could reduce neuro-degeneration in individuals with Mild Cognitive Impairment (MCI). This study will investigate the use of coconut oil, rich in medium chain fatty acids, to induce ketosis in adults with MCI. The study's aim is to evaluate the feasibility of undertaking an intervention looking into the effect of coconut intake on cognition and quality of life in adults with MCI. This study will provide new knowledge relating to the feasibility of the implementation of such an intervention and inform the design of an adequately powered and evidence-based randomised controlled trial (RCT). The RCT could provide a dietary intervention that could potentially delay
the onset of dementia and reduce the progression from MCI to Alzheimer’s Disease in older adults.

Yzabellune Run Grueger (FM, PhD)

Understanding the impact of labour standards: the case of Cambodian garment industry

Outsourcing to developing countries is a key advantage in garment industry competition, because labour standards and legislative enforcement there are loose and labour is cheap. But tragedy like the 2013 Rana Plaza collapse in Bangladesh happened. Hence, poor worker treatment is an issue that needed to be addressed. This research makes use of qualitative research method, an in-depth semi-structured interview with experts from the ILO Decent Work Country Programme and the Better Factories Cambodia Programme. By employing Institutional Theory lens and based on the literature review initial findings, in order to improve the working conditions and achieve ethical worker treatment, institutional actors like ILO, government and international buyers need to work together collaboratively. This research will generate critical new insights into the effectiveness of national and international programmes to promote workers’ rights.