

Public Health Institute Journal

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by PHI students”

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Welcome

Undertaking a dissertation can be a challenging, exciting, and at times overwhelming experience. With such a range of interesting topics in the field of public health, trying to find just one to focus on can be a tricky hurdle. In my BSc dissertation I had picked a topic that, frankly, I didn't have any interest in (and it probably showed). Fortunately, for my Public Health: Addictions MSc, I made sure I wouldn't make this same mistake again, and focussed on a subject I am passionate about, gambling marketing and products. Working on this topic was a massively rewarding experience and only fuelled my interests further. Undertaking the dissertation opened the opportunity for me to stay in research, and I am grateful to now be working at LJMU alongside my brilliant dissertation supervisors, and I have managed to publish my findings as an academic journal article. While choosing a topic you genuinely care about and find interesting can be difficult, it is important and can help to shape the entire dissertation process into an engaging and enjoyable experience.

The breadth of topics covered by public health is one of my favourite things about working in research in this field. There are continuous fresh perspectives and insights which help to shape our understanding of public health challenges and interventions. Although I have not been working at LJMU for a very long time, when I have had the chance to supervise students' MSc dissertations, I found this to be a rewarding experience. Not only did I have the opportunity to pass on some of my skills and knowledge, but in return to learn about and explore interesting new public health questions, gaining from students' valuable insights and perspectives.

The dissertations included in this journal cover a broad range of interesting public health topics. The students have produced insightful research studies into areas of public health for which their enthusiasm is clear. Through conducting their dissertations, the students have displayed and developed a diversity of different strengths in key research and communication skills and have expanded their knowledge and interests on key public health issues. These skills and knowledge will no doubt be of benefit to future public health research teams and the wider public health workforce, having positive impacts across a variety of areas of public health. Their hard work should be celebrated, and this journal offers students the chance to recognise and share their achievements at LJMU. I congratulate all the students on their fantastic work and wish them all every success in their careers.

Charley Wilson

Mennatallah Abdelgawad

The impact of health literacy on diabetic patients' quality of life through self-management, self-care behaviours and glycaemic control in Eastern Mediterranean Region: A systematic review.

Background: In the Eastern Mediterranean Region (EMRO) countries, diabetes is a significant noncommunicable disease with rising prevalence, impacting healthcare systems. Effective diabetes management requires optimal health literacy and self-care behaviours. Limited health literacy may lead to inferior health outcomes. This systematic review aims to explore the association between health literacy and the quality of life of diabetic patients, focusing on self-management, self-care behaviours, and glycaemic control.

Methods: This systematic review followed PRISMA guidelines, using rigorous procedures to identify, screen, and select relevant English articles from 2010 to 2023 in Medline, CINAHL, and Web of Science. The Joanna Briggs Institute (JBI) checklist for cross-sectional studies was utilized for quality appraisal. The primary outcomes of interest were the associations between health literacy, quality of life, self-management, self-care behaviours, and HbA1c. In total, 19 articles met the inclusion criteria established in the protocol.

Results: In this review, we analysed 19 studies conducted in the EMRO countries to explore the intricate relationship between health literacy and diabetes management outcomes. Through a narrative data analysis, we found consistent evidence that higher health literacy levels among diabetic patients positively impact self-care practices, glycaemic control (HbA1c levels), and health-related quality of life. Notably, some of the studies highlighted the mediating role of self-efficacy in the link between health literacy and diabetes self-management and self-care behaviours. In addition to the mediating role of self-management and self-care behaviours. These findings emphasize the multidimensional nature of health literacy and its relevance in optimizing diabetes care and patient outcomes in the EMRO region.

Conclusion: This systematic review highlighted the evidence of the crucial link between health literacy levels and self-care practices, glycaemic control, and quality of life among diabetic patients. As a result, targeted interventions aimed at improving health literacy can significantly enhance the well-being of individuals with diabetes. These findings hold substantial implications for policymakers and healthcare professionals, emphasizing the importance of evidence-based strategies to empower and support diabetic patients in the Eastern Mediterranean region and beyond, leading to better health outcomes and improved overall health.

Keywords: Health literacy, Diabetes, Self-management, Glycaemic Control, Quality of Life, Eastern Mediterranean Region Countries.



Mina Abedini Najafabadi

HIV prevalence among female sex workers in Iran: A systematic review and meta-analysis.

Background: Despite all the global interventions and attempts, HIV/AIDS remains a global health challenge infecting and claiming lives of new victims every year. It is essential to understand the prevalence of HIV among vulnerable populations, such as female sex workers (FSWs), to plan public health, design intervention, and allocate resources. In countries like Iran in particular, where data may be scarce or scattered, a comprehensive review could offer critical insights to design efficient interventions. This systematic review and meta-analysis were designed to collect, synthesize, and critically assess the existing literature on the HIV prevalence among FSWs in Iran.

Methods: A careful literature search was performed across major databases including MEDLINE, Google Scholar, CINAHL Plus with full text and Scopus and Persian database, strictly following PRISMA guidelines. A meta-analysis and narrative synthesis were performed on studies that met the inclusion criteria to combine and interpret findings. Critical appraisal and potential biases of selected studies were assessed using the JBI's critical appraisal tool for prevalence studies. Quantitative synthesis was conducted by metaprop command of STATA to estimate the pooled prevalence of HIV.

Results: Eight studies, which spanned different regions and diverse FSW populations within Iran, were included in the study. The pooled HIV prevalence among them was calculated 1.52%. When compared with global estimates for HIV prevalence among FSWs, which is around 10-15%, a considerably lower prevalence in Iran is notable. Factors potentially underpinning this decreased prevalence encompass various methodological approaches, different sampling methods, and maybe, the efficacy of interventions implemented in Iran that target FSWs. However, significant heterogeneity among selected studies was observed ($I^2 = 78\%$), which may suggest different conditions that FSWs face in different Iranian regions or may be due to different methods used.

Conclusion: This systematic review offers a comprehensive picture of HIV prevalence among FSWs in Iran. Although HIV prevalence among FSWs in Iran is lower than the international estimations, they are still at higher risk of acquiring the virus. This highlights the need for suitable interventions, regular health monitoring and deep research to understand and address the health needs of FSWs in Iran.

Keywords: HIV, Female Sex Workers, Iran, Prevalence



Adesola Adebayo

A qualitative study exploring the post-natal care experiences and expectations of first-time mothers in Nigeria.

Background: The postnatal period is an important time for mothers and new-borns. Care during this period is essential for new mothers to have a comfortable and confident start in their family life. Studies have highlighted areas of postnatal care dissatisfaction amongst mothers. Therefore, this study aimed to explore the postnatal care expectations with the experiences of FTMs (First-time mothers) in Nigeria to contribute to the sparse evidence base of postnatal care in Nigeria and to promote a continuity of care from the delivery room until hospital discharge.

Methods: The study employed qualitative data collected from semi-structured interviews, which was transcribed and analysed using thematic analysis. Eight first-time mothers who had accessed postnatal care either privately or through public funded clinics in Nigeria were interviewed.

Results: Identified themes included "Neglect of Postpartum Follow-Up Care," "Inadequate Information and Guidance," "Mental Health Neglect," "Emotional Well-being and Support Systems," and "Inadequate Postnatal Checks." Findings identified crucial areas for improvement in postpartum support for first-time mothers in the Nigerian healthcare system.

Conclusion: A healthier Nigerian society will result from placing a high priority on comprehensive maternity healthcare. Stakeholders should collaborate to build a more nurturing and responsive healthcare system for first-time mothers in Nigeria by identifying and solving these challenges.

Keywords: Postnatal Care Experiences, Postnatal Care Expectations, Nigeria, First Time Mothers



Omotoke Adeniji

A qualitative exploration of the health and wellbeing of international students studying in full-time United Kingdom higher education.

Background: Young adults are increasingly leaving their families to pursue higher education, and many of them choose the UK as their study destination. These students may encounter several challenges as they attempt to settle into their new environment. Language and cultural hurdles, a lack of social support, feeling homesick, and rigorous academic requirements are some of the identified challenges for this group. Currently, UK institutions have not looked at the health and wellbeing of international students in great detail. Therefore, the purpose of this study was to explore the challenges and coping methods faced by international students attending Liverpool John Moores University (LJMU) in the UK, as well as their health and well-being.

Methods: Semi-structured, in-depth interviews were used to examine the experiences of eleven international students attending LJMU, with the first interview serving as the pilot study. Thematic analysis was used to analyse the qualitative data from the interviews.

Results: The data analysis highlighted a number of issues relating to the wellbeing of the international students attending LJMU. Firstly, several of the participants spoke positively about their experiences studying in the UK. Secondly, the majority of the international students described difficulties with sociocultural transition, language barriers, loneliness, financial hurdles, and issues adjusting to a new educational system. Thirdly, the students overcame these challenges by using coping mechanisms such as maintaining relationships with family and friends, developing resilience, practising their faith, and utilising university facilities and resources.

Conclusion: Overall, this thesis thoroughly examined the health and wellbeing of international students and provided a comprehensive picture of their experiences living and studying in the UK. The findings also offered insightful ideas that higher education institutions may use, including assistance with English proficiency, planning orientation and social wellness activities, visa services, and assistance with job searching. Future research on international students' health and wellbeing using mixed methodologies is recommended.

Keywords: International Students, Health and Wellbeing, Acculturation, Higher Education, United Kingdom



Demi Afolabi

Risk factors associated with postpartum depression among adolescent mothers: A systematic review of observational studies.

Background: Postpartum depression is a significant mental health concern among adolescents worldwide with negative consequences for affected mothers and their children (e.g., impaired mother- infant attachment and potential deficits in the children's emotional, social, and cognitive development). However, little is known about the specific risk factors that contribute to its development. A thorough understanding of the risk factors associated with postpartum depression in this vulnerable population is vital for effective intervention and support. This systematic review aimed to identify risk factors associated with postpartum depression among adolescents and evaluate the quality of the evidence available.

Methods: A comprehensive search was conducted in 2023 using EBSCO Medline, CINAHL, APA, PsycINFO and grey literature from Google Scholar. A search strategy was developed using the PEO (Population, Exposure, Outcomes) framework. The inclusion criteria included studies from different countries published between 2000 and 2023 and used a validated measure of postpartum depression with an onset within 12 months after childbirth and persistence beyond two weeks postpartum. The review examined adolescent mothers, who ranged in age from 13 to 19 years, and included risk factors that occurred before birth.

Results: The systematic review included a total of 6 studies that met the inclusion criteria. The results suggested several risk factors associated with the onset of adolescent mothers' postpartum depression, including relationship challenges, prior history of depression, educational level, and social support. Relationship challenges (marital status, living with the family and partner, experiencing postnatal sexual problems, and having frequent arguments with the spouse) were the most prevalent risk factor for adolescent postpartum depression that was statistically significant across four studies.

Conclusion: This systematic review provided insightful information about the risk factors for adolescents' postpartum depression. Further research should employ prospective longitudinal designs with precisely defined, timely, and standardised measurements of risk factors and postpartum depression to enhance our understanding of these risk factors over time. Such insights may enable healthcare professionals to create more effective support systems and preventive measures for adolescent mothers at risk, ultimately improving the mental health of both the mothers and their children.

Keywords: Postpartum Depression, Risk Factors, Adolescent Mothers, Systematic Review.



Andrew Agidigbi

The relationship between airborne particulate matter and cardiovascular diseases in the United Kingdom.

Background: Particulate matter (PM) pollution in the air has been linked to a variety of negative health effects, including cardiovascular disease (CVD). Understanding the link between PM and CVD is critical for developing public health policies and interventions. The purpose of this systematic review is to examine the existing evidence on the relationship between airborne particulate matter and cardiovascular diseases, with a focus on the United Kingdom (UK).

Methods: A comprehensive search was conducted in PubMed/MEDLINE, EMBASE, Web of Science, Scopus, Cochrane Library, and relevant grey literature sources. A total of 798 records were initially identified, and after applying the eligibility criteria, 9 studies were included for analysis. The Critical Appraisal Skilled Program (CASP) checklist was used to assess the quality of the included studies. A narrative synthesis approach was employed to analyse the data.

Results: The nine (9) studies chosen provide evidence for the link between airborne particulate matter and cardiovascular disease in the United Kingdom. The findings show a significant positive correlation between long-term exposure to PM and the risk of developing various cardiovascular conditions such as heart attacks, strokes, and heart failure. Furthermore, short-term exposure to elevated PM levels has been linked to an increased risk of acute cardiovascular events. The studies found a 0.6% correlation with a mean PM level of 2.7, and the association was significant with a p-value of 0.001.

Conclusion: Long-term exposure to PM is associated with an increased risk of developing various cardiovascular conditions, while short-term exposure to elevated PM levels is linked to acute cardiovascular events. These findings highlight the importance of implementing effective air pollution control measures and public health interventions to mitigate the impact of airborne particulate matter on cardiovascular health in the UK.

Keywords: Airborne Particulate Matter, Cardiovascular Diseases, United Kingdom, Air Pollution, Health Effects



Haisom Ahmed

Dentists' attitudes and knowledge regarding smoking cessation advice and vaping in India: A cross-sectional study.

Background: In 2020, the World Health Organisation (WHO) estimated that annual tobacco-related deaths in India would exceed 1.5 million. India stands second in terms of global consumption of tobacco, with consumption figures being twice the consumption of the European Union. Tobacco use is a key public health issue in India because it is responsible for increasing the burden of chronic diseases, cancers, and associated mortality. WHO estimates that 1% of India's GDP is lost to early deaths and diseases associated with tobacco use. While smoking cessation remains a public health challenge in India, a new dilemma facing dental health professionals in India is the use of vapes. The aim of this study was to evaluate the attitude and knowledge of dentists in India regarding smoking cessation advice and vaping.

Methods: This study followed a quantitative design and gathered data through an online survey. The questionnaire included demographic questions and two Likert scale questions. Data was analysed using SPSS and Microsoft Excel. Frequency analysis was conducted for all questions to identify the frequency and corresponding percentage of responses. This was followed by a cross-tabulation of Likert scale questions with the demographic questions, combined with a chi-square analysis to test the association between variables. The charts and tables were developed using Microsoft Excel.

Results: The study found that the overall level of knowledge among dentists in India regarding smoking cessation advice and vaping is high. Moreover, dentists maintain a positive attitude towards offering smoking cessation advice to patients, whereas maintain a negative attitude towards prescribing e-cigarettes as a smoking cessation tool.

Conclusion: Dentists play an important role in offering smoking cessation advice and improving the cessation rates in India. Therefore, the key recommendation for this study is that dentists should be given training regarding the latest guidelines on smoking cessation. Awareness should also be increased among dentists regarding their role in increasing smoking cessation in India.

Keywords: Smoking Cessation Advice, Vaping, E-cigarettes, Attitude, Knowledge, Indian Dentists.



Jonathan Aigbe

Knowledge and perception of the negative outcomes of tobacco smoking among teenagers attending a public university in Benin City, Nigeria.

Background: Most tobacco smokers begin tobacco smoking during adolescence and find it difficult to quit as they become dependent on the nicotine content of the tobacco product over time. The aim of this study was to assess knowledge levels, perception and attitudes towards the negative health outcomes associated with cigarette smoking by students from the University of Benin, Nigeria.

Methods: Approval for this research was obtained from the Research Ethics Committee at Liverpool John Moores University. Quantitative technique using a survey form adapted and modified from a previously validated questionnaire was used. The questionnaire was divided into four sub-sections and these sections contained questions pertaining to sociodemographic information as well as perceptions and attitudes in relation to tobacco smoking. Undergraduate students were recruited with the aid of a convenience sampling procedure via face-to-face interactions with a gatekeeper. Sixty students consented to participate and completed hard copies of the survey form. Only 50 completed forms (83.3%) were anonymously retrieved by the gatekeeper and mailed to the principal investigator. The responses from the completed forms were transcribed and coded on Microsoft excel. The coded data were exported to SPSS and frequency tables were generated. Two-way Pearson chi square association test between gender, age, current class level and several opinions on tobacco smoking was conducted using SPSS.

Results: It was revealed that 98% of students were non-tobacco smokers while 62 % of the respondent revealed the non-involvement of their close friends in tobacco smoking. All the observed associations between the respondent's age, gender as well as the class level and the different smoking related opinions were insignificant.

Conclusion: The majority of the survey participants were knowledgeable of the negative health effects associated with tobacco smoking. The levels of knowledge, perception and attitude towards tobacco smoking disclosed by the students could be reflective of the effect of sensitization campaigns on the harmful effects of tobacco smoking.

Keywords: Adolescent, Cessation, Cigarette, Health Effects, Nicotine, Quit Attempt, Teenagers



Fatima Ajose

A scoping review on the role of primary healthcare institutions in awareness, social behaviour and knowledge of antimicrobial resistance prevention in Nigeria.

Background: Antimicrobial resistance (AMR) is a global public health concern that requires comprehensive approaches for prevention and control. This scoping review aimed to explore the role of primary healthcare institutions in raising awareness, influencing social behaviour, and improving knowledge regarding AMR prevention in Nigeria. The objective of this scoping review was to map and analyse the existing literature to identify the key themes and insights related to the role of primary healthcare institutions in AMR prevention in Nigeria.

Methods: A systematic search was conducted in databases such as PubMed, Google Scholar, Scopus, Web of Science, and relevant grey literature sources. A total of 1,847 studies were identified, and after applying eligibility criteria, 16 studies were included in the review. Data were extracted and analysed using thematic synthesis.

Results: The included studies highlighted the crucial role of primary healthcare institutions in AMR prevention in Nigeria. Key themes identified were the effectiveness of educational campaigns, the role of healthcare providers in promoting responsible antibiotic use, community engagement strategies, and policy implications. The findings indicated that primary healthcare institutions can contribute significantly to increasing awareness, shaping social behaviour, and improving knowledge regarding AMR prevention in Nigeria.

Conclusion: Primary healthcare institutions in Nigeria have the potential to play a pivotal role in addressing AMR. The scoping review findings emphasize the importance of tailored interventions, multi-sectoral collaborations, and comprehensive policies to enhance awareness, promote responsible behaviour, and improve knowledge regarding AMR prevention. Further research is needed to evaluate the effectiveness of specific interventions and address gaps in knowledge to strengthen the role of primary healthcare institutions in mitigating the threat of AMR in Nigeria.

Keywords: Antimicrobial Resistance, Primary Healthcare Institutions, Awareness, Social Behaviour, Knowledge, Nigeria



Oluseyi Patricia Akinnate

A scoping review on the effectiveness of e-cigarettes compared to nicotine replacement therapy in smoking cessation among young adults.

Background: Electronic cigarettes and Nicotine Replacement Therapy are well recognised methods of quitting smoking in adults, and both have been shown to be effective in reducing tobacco use. However, their effectiveness and efficacy as a form of smoking cessation in young people is still uncertain. The aim of this scoping review was to map out available evidence on the effectiveness and role of e-cigarette and nicotine replacement therapy for smoking cessation among young adults.

Methods: To identify appropriate studies for this review, systematic search of PUBMED, MEDLINE, and grey literature search databases for publications that provided evidence smoking cessation for e-cigarette users and NRT users was conducted. Data synthesis was carried out initially using title and abstract, then full text screening. Then, the data extracted was characterized with results and findings made in the publications.

Results: Twenty studies were selected for review. There were ten randomised controlled trials (RCTs), two quantitative analyses, one case series, three systematic reviews and meta-analyses, one systematic review, one cohort study, two non-randomised uncontrolled before and after studies, among the twenty studies included in this scoping review. From the 20 studies, eleven studies focused on e-cigarettes aid, seven studies focused on nicotine replacement therapy (NRT), while the remaining two studies focused on both e-cigarette and NRT for smoking cessation. The result of the review suggested that both e-cigarettes, which is popularly used among young adults, and nicotine replacement therapy are very good smoking cessation aids with both methods working effectively. The work also revealed that both e-cigarettes and NRT had some adverse effects.

Conclusion: E-cigarette and NRT have been shown as very good methods to quit smoking, from the research. There have only been a few studies on the effective role and safety of e-cigarette and NRT among young adults. There is a need for further study on the efficacy of NRT since it is not commonly used, and also the safety of long-term e-cigarette usage among young adults.

Keywords: Nicotine Replacement Therapy, Electronic Cigarette, Electronic Nicotine Delivery System, Vaping, Smoking Cessation



Victoria Akinsanya

Workplace violence among healthcare workers in Nigeria: A systematic review.

Background: Although violence occurs among workers in different fields, it is important to note that workplace violence (WPV) against healthcare workers is a major risk to public health and a global concern that has serious consequences for both healthcare workers and patients. It is recorded that workers in the healthcare industry are five times more likely to record injuries compared to workers in other industries. More so, it is revealed that WPV is the leading cause of death among workers worldwide which includes healthcare workers - 1.5 million workers have been recorded dead annually due to WPV. Hence, this study aims to explore the factors that affect WPV among healthcare workers in Nigeria.

Methods: A systematic review was conducted to explore the factors that affect WPV among healthcare workers in Nigeria. Literature was searched from four databases using clearly outlined criteria for inclusion and exclusion and a total of nine articles were sourced and appraised.

Results: The study recorded that the prevalence of WPV among healthcare workers is high. It also revealed that there are different types of violence being experienced by healthcare workers ranging from physical, sexual, and verbal abuse - with verbal abuse being most predominant. There are several factors that affect WPV, and these are inclusive of long working hours, miscommunication, attitude of healthcare workers and shortage of healthcare supplies. Furthermore, the study revealed that workplace violence impacts job satisfaction and job productivity among healthcare workers.

Conclusion: This study therefore concludes that the high prevalence of workplace violence influenced by several factors should be mitigated to reduce the burden of violence on healthcare workers and improve healthcare services to patients and subsequent increase job satisfaction among healthcare workers.

Keywords: Violence, Physical, Workplace, Healthcare Workers



Mojisola Akintoye

Assessing the challenges in accessing family planning services amongst adolescent girls in Nigeria: A scoping review.

Background: Challenges associated with accessing family planning is seen as a huge threat to the promotion and further development of the Sustainable Development Goal 3.7. In Nigeria, female adolescents, both married and unmarried, struggle with control of their sexual and reproductive health due to various socio-economic and cultural factors, hindering their ability to access and utilise family planning services. Therefore, the objective of this study was to identify the challenges these adolescents face and how it prevents them from freely accessing contraceptives.

Methods: A scoping review of literature was conducted where relevant databases were searched using key terms related to the topic, with the aid of the PCC (Population (or participants)/ Concept/Context) search framework. Thereafter, the screening process was carried out first by excluding duplicates of studies selected from the database, followed by a title and abstract then full text screening. Studies were selected against the set inclusion and exclusion criteria.

Results: Studies reviewed assessed both the socio-economic and cultural factors which are barriers to the access of family planning by adolescent girls in Nigeria. Key factors ranged from provider bias, spouse discouragement, lack of social support, financial status, to cultural and religious norms, as well as age. The review revealed consistent results on how these factors serve as a significant threat to family planning access and therefore sexual and reproductive health and rights.

Conclusions: The inability of female adolescents to freely access birth control/contraceptives is a worldwide issue, but very common in Sub-Saharan African countries, like Nigeria. This issue contributes to overpopulation and adolescent girls undergoing illegal abortions, which increases their risk of maternal mortality and other reproductive health problems. It is therefore important for Nigeria's Ministry of Health to enforce strong socio-economic and cultural structures which promote the ability of these adolescents to freely speak about their sexual health and seek advice on appropriate family planning services, to have better control over their reproductive health.

Keywords: Family Planning, Contraceptives, Birth Control, Contraceptive Prevalence Rate, Adolescent Girls, Nigeria.



Rita Akinyemi

The experiences of sexual violence among teenagers and adolescents in West Africa: A systematic review.

Background: Child sexual abuse (CSA) and other related sexual violence, despite being regarded as a taboo subject in most African homes, has continued to remain prominent in Nigeria and other West African regions. The prevalence of child sexual abuse in West Africa has been recorded as high, but the exact figure cannot be determined. Among other reasons, this crime may be far worse due to the low level of disclosure due to fear of the perpetrator, the shame felt by the victim's family, and a complete lack of awareness that the victim is being abused. Therefore, this systematic review study explores the experiences of child sexual abuse among children and adolescents in West Africa, focusing on the consequences of abuse, societal responses, and coping methods employed by the victims.

Methods: A qualitative synthesised review approach was adopted to identify patterns and themes across the evidence that would be challenging to discern in a single study. The review utilised the SPIDER framework to structure the research. The databases searched include Medline, The Criminal Justice Abstracts database, and Education Resources Information Centre (ERIC) through EBSCOhost. Studies meeting the inclusion criteria were systematically assessed for quality using the CASP (Critical Appraisal Skills Programme) Qualitative Checklist. Thematic synthesis was employed to analyse the extracted data, leading to analytical themes that offer a comprehensive understanding of the impact of child sexual abuse in the region.

Results: The analysis involved thirty-one initial codes, which evolved into ten descriptive themes, culminating in four overarching themes. The themes revealed the complexity of these incidents and the influence of cultural and societal factors. Barriers to disclosure and help-seeking are significant challenges.

Conclusion: Comprehensive interventions and support services are essential to prevent sexual violence and aid survivors' recovery.

Keywords: Child Sexual Abuse, Child Sexual Violence, West Africa, Teen, Adolescent, Sexual Abuse, Coping Strategy.



Kingsley Akujobi

Improving medication adherence and physical activity in patients with type 2 diabetes living in Sub-Saharan Africa: A scoping review.

Background: Managing type 2 diabetes requires effective medication adherence and engagement in regular physical activity. However, there are unique challenges in Sub-Saharan Africa that impact these behaviours. This review aimed to explore the literature on medication adherence and physical health in Sub-Saharan Africa.

Methods: An exhaustive search was conducted in databases such as PubMed, Google Scholar, Scopus, the Web of Science, and relevant grey literature sources. The search strategy included keywords related to medication adherence, physical activity, and type 2 diabetes in Sub-Saharan Africa. After applying the eligibility criteria, thirteen studies were selected for data extraction and analysis.

Results: Thirteen (13) papers were included in the scoping review and the findings point to several barriers to medication adherence and physical activity in Sub-Saharan Africa. Socioeconomic constraints, cultural beliefs, diet, limited access to healthcare services and resources, and a lack of health literacy are among them. Various interventions, such as community-based programmes, health education initiatives, and policy interventions, have been identified to address these barriers. However, evidence on the effectiveness and scalability of these interventions is limited. Medication adherence and physical activity among type 2 diabetes patients in Sub-Saharan African countries face significant challenges. It also identifies key themes and interventions for improving medication adherence, promoting physical activity, and improving diabetes management outcomes.

Conclusion: The review emphasises the importance of addressing socioeconomic and cultural factors in intervention design, such as affordability, incorporating traditional healing practices, and adapting physical activity options to local contexts. It emphasises the importance of multi-level approaches involving individuals, communities, and health-care systems. Based on this review it was concluded that the importance of community engagement, health system strengthening, and policy development in promoting effective diabetes management. Interventions that consider the socioeconomic and cultural context, encourage community participation, and strengthen healthcare systems are critical. More research is needed to assess the efficacy of interventions, investigate the relationship between medication adherence and physical activity, and identify novel strategies for improving diabetes management outcomes.

Keywords: Medication Adherence, Physical Activity, Diet, Type 2 Diabetes, Sub-Saharan Africa.



Hend Al-Mardai

Exploring the knowledge, attitudes, and behaviours of young adults in Liverpool regarding electronic cigarette use: A quantitative study.

Background: In recent years, there has been a concerning rise in electronic-cigarettes/vaping among young adults, despite uncertainties about its long-term health effects, especially for non-smokers. Current societal trends in vaping acceptance resemble the historical acceptance of cigarette smoking, which was widespread for decades despite known health risks. Vaping prevalence can be attributed to a lack of awareness about its potential dangers, particularly among those not well-informed about its health outcomes. Vaping, initially promoted as a safer nicotine option with diverse flavours and convenience, has seen a sharp rise in the UK. In 2022, the vaping rate reached 8.6%, up from 4% in 2021 and 4.8% in 2020, even among young non-smokers. This underscores the importance of studying young adults' attitudes and behaviours toward vaping in Liverpool to inform public health efforts.

Methods: This study was approved by the Research Ethics Committee at Liverpool John Moores University. The research employed a quantitative online survey design to explore young adults' vaping experiences in Liverpool. Sixty participants completed a descriptive online cross-sectional survey. Data analysis was conducted in Microsoft Excel, with responses coded into numerical values for statistical analysis and visualisation, enhancing the study's reliability and validity.

Results: In this study of 60 Liverpool participants aged 18 to 30, the average age was 24.2 years and most were full-time workers (53.7%). Smoking habits varied, with 28.3% non-smokers, 28.3% smokers, 21.7% occasional smokers, and 21.7% former smokers. Vaping patterns included 36.7% vaping for over two years, 26.7% for 6 months to one year, 25% for one to two years, and 11.6% for less than six months. Daily vaping was observed for 45% of males and 36.7% of females. Motivations for vaping, preferences for disposable vapes, device lifespans, and the influence of stressors on vaping frequency were examined. Weekly vaping expenditure varied by device type and gender. Participants' beliefs about vaping and addiction, perceptions of safety, and the association between vaping and depression symptoms were also explored.

Conclusion: The study provides valuable insights into the smoking and vaping habits of young adults in Liverpool. It reveals diverse smoking behaviours and vaping experience, with some participants vaping for over two years. Gender-based differences in vaping frequency were observed. Motivations for vaping include enjoyment, flavour preference, harm reduction, stress relief, and curiosity, with variations by gender. Disposable vapes were the preferred choice. Stressors impact vaping habits differently among participants. Differing perceptions exist regarding addiction, well-being, and safety associated with vaping. Overall, the research offers a comprehensive view of factors influencing smoking and vaping behaviours among Liverpool's young adults.

Keywords: Electronic Cigarettes, Vapes, Liverpool, Young Adults, Awareness



Haitham Al-Zaidi

The extent of active travel among Liverpool John Moores University students.

Background: Active travel has gained significant awareness during the last few years as it has a huge potential to reduce non-communicable diseases and sustain an environmentally friendly city. This quantitative dissertation investigates the patterns and determinants of active commuting behaviour among college students to inform sustainable mobility programmes on campus. Physical activity, greenhouse gas emissions, and congestion are all issues that could be greatly improved by shifting more people to walking, biking, and other non-motorised modes of transportation. However, there is a lack of specialised studies addressing the distinctive mobility patterns and preferences of college students.

Methods: The study covers this informational gap with robust quantitative methodologies based on survey data from a broadly representative sample of notable university students. Convenience sampling was used, and university students aged 18+ completed an online survey. Distance, mode of travel, and active commuting parameters were surveyed. The survey seeks to understand students travel habits, preferences, and decision-making processes, including how often they travel, how far they travel, and why they pick different modes of transportation. Because gender, age, race or ethnicity, and education level may affect active travel, these are also collected. Descriptive statistics were used by measuring frequency, and the chi-square test was also used. This study examined campus accessibility, infrastructure availability, students' sense of safety, time constraints, and cultural norms affecting college students' use of active transportation modes, including walking and biking. The study also examines how walking, biking, and other active transportation modes relate to public and private transportation.

Results: Forty four percent walked or ran to the university, while 15% drove. Nearly 20% of participants lived fewer than two miles from the university campus, and home distance and means of transportation were significantly linked. 57.4% prioritised time-saving and speedier mobility over affordability and environmental impact. 66% of individuals did not own a vehicle, and vehicle ownership was statistically significant for university commuting. 50% of participants used one mode of active travel for at least 10 minutes a day, and 32% were satisfied with walking around Liverpool. The study also indicated that safety concerns and city bicycle assessments are the top reasons participants do not use active transportation daily. Finally, the study found that green spaces and relaxing locations in the city improve active travel and promote sustainable living in the city and on university campuses.

Conclusions: This study suggests that student attitude and behaviour could be altered, and active travel as a form of transportation has many profound public health benefits both for the individual and society. Also, this study sheds light on the factors that prevent people from incorporating this method of commuting into their daily lives and suggests multiple research and recommendations to change the situation. The overarching goal of this study is to inform policy and programme development that promotes active transportation modes like walking and biking as practical and healthful alternatives to traditional modes of transportation.

Keywords: Active Travel, Sustainability, Attitude, LJMU Students



Omowumi Elizabeth Alalade

A systematic review on the effectiveness of e-health and self-management of type 2 diabetes among elderly people.

Background: Type 2 diabetes is a common lifelong disease among the older population. However, this disease can be managed through various approaches, including e-health interventions and self-management. These e-health and self-management approaches have been extensively used. Still, less attention has been paid to revealing their effectiveness in ensuring health among older people with type 2 diabetes. This research aims to systematically review eligible literature to provide an updated report on the effectiveness of e-health and self-management interventions on type 2 diabetes among older people.

Methods: Studies that researched the effectiveness of digital health and self-management interventions on type 2 diabetes among older people were included. Two databases (EBSCOHost for MedLine and CINAHL) were searched for articles published between January 2013 and March 2023. The narrative synthesis approach was used to analyse the eligible studies. In addition, the CASP appraisal tool and Risk of Bias II checklist were used to report the methodological appraisal and the risk of bias, respectively.

Results: Ten studies were included in the review. Various e-health and self-management approaches were used across all studies. However, all studies provided evidence that e-health and self-management techniques are highly effective and have remarkable outcomes when used alongside pharmacological interventions. Across the reviewed studies, it was established that specific variables such as reduced health costs, improved quality of life and physiological parameters are associated with the adoption of e-health and self-management of type 2 diabetes among older people. However, it was impossible to report the relationship between adherence to these intervention and attainment of the desired outcomes among diabetic patients because none of the included studies reported the link.

Conclusions: The systematic review shows evidence that e-health and self-management techniques help manage type 2 diabetes. However, further research needs to be done to assess the relationship between these interventions on the specific targeted health outcome of each type 2 diabetes patient using them.

Keywords: e-Health, Type 2 Diabetes, Self-management, Systematic Review



Usman Adio Alimi

A scoping review into the prevalence and determinants of occupational health hazards among female healthcare workers in Sub-Saharan Africa.

Background: This scoping review explores the occupational health hazards faced by female healthcare workers in Sub-Saharan Africa, aiming to provide a comprehensive assessment of the challenges and potential interventions. The review encompasses physical, biological, ergonomic, and psychosocial hazards and considers the broader socio-economic and cultural context within which these hazards manifest.

Methods: A systematic search was conducted across electronic databases, yielding a total of 20 relevant studies. These studies were critically appraised and synthesized to identify prevalent hazards and potential impact factors, along with interventions and policy recommendations. The analysis also examines the gender-specific nature of these hazards and their implications for gender equity within the healthcare workforce.

Results: The review highlights the pervasive nature of occupational health hazards among female healthcare workers in Sub-Saharan Africa, including needlestick injuries, ergonomic strains, infectious disease exposure, and psychosocial stressors. These hazards are influenced by various factors such as resource constraints, inadequate training, and organizational culture. While the studies underscore the pressing need for comprehensive occupational health measures, existing research gaps and the role of policy changes in promoting safety are also elucidated.

Conclusions: The findings underscore the urgent need for evidence-based interventions and policy reforms to address occupational health hazards among female healthcare workers. The implications of these hazards extend beyond individual well-being, impacting patient care quality and the overall resilience of healthcare systems. Recommendations encompass the establishment of robust infection prevention and control measures, ergonomic interventions, psychosocial support systems, and gender-sensitive policies.

Keywords: Sub-Saharan Africa, Female Healthcare Workers, Occupational Health Hazards, Gender Equity, Interventions, Policy Recommendations



Eloise Andrews

A quantitative survey study to explore how individuals working in hospitality perceive work impacts on their health.

Background: In the United Kingdom (UK), the hospitality industry is a major source of employment. However, although research has been conducted on the mental health effects of working in this industry, there is a lack of research on the physical and indirect effects. Therefore, this study employed a quantitative approach using surveys distributed through social media to investigate the perceptions of hospitality workers and their views on how their work affects their overall health and wellbeing.

Methods: An online survey was created using Google Forms and was distributed via the researcher's personal social media accounts. The survey was completed by current or former hospitality workers of any gender, of all ages and from all areas of the UK. The survey asked questions regarding demographic characteristics, how participants felt that their work has impacted upon their health, and how sustainable they believe a career in the hospitality sector to be.

Results: The survey gathered responses from 71 individuals, and the main findings indicated that over half perceived negative effects on their sleep, diet, stress levels, social life, and overall health since beginning work in the hospitality industry. Additionally, most respondents (62%) reported using unhealthy coping mechanisms such as smoking or alcohol to deal with work-related stress. More than half of the participants (53.5%) reported insufficient time to attend to their personal needs outside of work, and a similar percentage (60.5%) felt that the demands of hospitality work had led to an inadequate work-life balance. Almost all participants (92.9%) reported experiencing joint and muscle pain because of their work in the hospitality sector.

Conclusion: The results of the survey suggest that working in the hospitality sector can have a significant impact not only on mental health, but also on physical health and overall wellbeing. The high proportion of respondents reporting negative impacts on sleep, diet, stress levels, social life, and general health, as well as their use of unhealthy coping mechanisms, highlights the need for increased attention to the health and wellbeing of hospitality workers. The finding that most respondents did not feel they had adequate time to attend to their personal needs outside of work and had poor work-life balance further emphasizes the importance of improving working conditions and practices in the industry. Overall, the study indicates that more efforts are needed to protect and support the health and wellbeing of workers in the hospitality sector.

Keywords: Hospitality, Health, Physical, Impact, Effects



Anu Tes Antony

The impacts of social media on young people during the Covid-19 Pandemic in 2020 and 2021.

Background: The investigation focused on identifying the influence of social media on people aged 18-25 during the peak of the COVID-19 pandemic between 2020 and 2021. The challenges that young individuals encountered due to their inclination to use social media platforms almost on a 24/7 basis were also addressed as an essential part of this analysis.

Method: The methodology applied facilitated the completion of a survey between the friends and family members of the investigator. The survey was further aimed at asking 31 close-ended questions to its respondents regarding the positive and negative influence of social media on their mental and physical wellbeing during the pandemic situation.

Results: The acquired survey implications indicate social media as a positive medium that was extensively used for gathering reliable information. The respondents indicated social media posed a minimal influence on their well-being and capability to make accurate decisions.

Conclusion: Despite the major advantages of social media, it was also responsible for disseminating misinformation about the pandemic. High levels of social media use were accountable for increasing stress, anxiety and causing major sleeping disorders among participants.

Keywords: Social media, Young People, Covid-19 Pandemic, Positive and Negative Influence, Communication



Zahra Ataei Jafari

The effect of COVID-19 lockdown on air pollution matter in Iranian cities, especially Tehran: A systematic review.

Background: Major cities in Iran have experienced significant air pollution problems. Air pollution in Iran is a complex issue with various contributing factors, including industrial activities, vehicular emissions, power plants, and dust storms. The Iranian government has recognized the severity of the air pollution problem and taken measures to address it. Traffic control plans and raising citizen awareness are among these measures. However, despite these efforts, challenges remain in combating air pollution. The COVID-19 pandemic had already caused significant impacts on air pollution levels around the world. These lockdowns reduced industrial, transportation, and human activities. It was an excellent opportunity to determine whether it could be effective to reduce air pollution or not.

Methods: To investigate the effectiveness of COVID-19 lockdown on air pollution in Iran, a systematic review was conducted in January 2023. Inclusion criteria consisted of quantitative studies, from 2020, which assessed air pollution in different cities in Iran during COVID-19 lockdown.

Results: Thirteen studies were finalized for analysis, with seven common outcome measures (AQI, NO₂, CO, O₃, SO₂, PM 2.5, PM 10). NO₂ and CO decreased in all studies as a direct result of vehicle transport, while AQI showed minimal differences. O₃ and PM 2.5 levels increased in most conditions due to their formation processes. It was found that PM 10 decreased in most circumstances, but in varying degrees.

Conclusion: The COVID-19 lockdown had positive effects on air pollution in most cities of Iran, but the effects were not as significant as expected due to partially applied lockdown and to other sources of air pollution in Iran. However, the results suggest that an appropriate traffic control plan as a similar effect of COVID-19 lockdown can help control traffic in large cities in Iran, especially in Tehran megacity, along with other factors including improving public transport, reducing fossil fuel usage, and using electrical vehicles.

Keywords: COVID-19, Air Pollution, Iran, Tehran, Lockdown, AQI



Background: Vaping serves as a smoking cessation tool by providing individuals with an alternative method to satisfy their nicotine cravings without the harmful effects of traditional cigarette smoking. This study aims to explore the viewpoints of pharmacy students who are currently enrolled at Liverpool John Moores University regarding the effectiveness of vaping as a method for smoking cessation.

Methods: An exploratory quantitative study was conducted using an online questionnaire sent to the students studying on the Pharmacy Programme in the School of Pharmacy and Biomolecular Sciences.

Results: A total of 55 participants completed an online survey, yielding several key findings. In terms of students' attitudes towards vaping as a helpful smoking cessation tool, 12.7% strongly agreed and 49.1% agreed that they could be helpful. Regarding the effectiveness of e-cigarettes compared to Nicotine Replacement Therapy (NRT), 9.1% strongly agreed and 18.2% agreed that e-cigarettes are more effective as a smoking cessation tool than NRT. 18.2% of students strongly agreed and 43.6% agreed that combining e-cigarettes with cessation services such as behavioural support would be more effective than using e-cigarettes alone. In terms of student knowledge about vaping, 60.0% did not know that e-cigarettes users can report side effects via the Yellow Scheme Card if suspecting a side effect from using e-cigarettes. 58.2% of students did not know that medically licensed e-cigarettes are not currently available in the UK. When asking whether e-cigarettes are strictly regulated for safety and quality in the UK, 49.1% of students replied that they are not strictly regulated, and 29.1% did not know the answer. When it came to providing advice to patients, 9.1% strongly agreed and 25.5% agreed to recommend e-cigarettes to quit smoking. 7.3% of students strongly agreed and 43.6% agreed to recommend e-cigarettes to smokers who failed to quit smoking using traditional methods. 43.6% strongly agreed and 23.6% agreed that there is a lack of high-quality evidence on the effectiveness of e-cigarettes as a smoking cessation tool.

Conclusion: The study provided an overview of pharmacy students' attitudes on vaping as a smoking cessation aid. The study also identified some implications that should be considered for future research including the need to enhance pharmacy students' knowledge on vaping as a smoking cessation aid, integrating evidence-based content into the curriculum, organising workshops, learning sessions, and providing mandatory training in retail pharmacy settings can be effective.

Keywords: E-Cigarettes, Vaping, Pharmacy Students, Smoking Cessation, Perceptions, Patient Advice, Attitudes



Titilayo Oluwaseun Awotona-Ogunfowokan

The effects of depression and mental health on men in society: A scoping review.

Background: Depression is a significant mental health concern that affects individuals worldwide, including men. However, there is a paucity of research focusing specifically on the impact of depression on mental and emotional well-being in men. This scoping review aims to explore the existing literature on depression in men, shedding light on prevalent qualities and variables that are rarely discussed. Specifically, the review aimed to identify and analyse studies that examined gender differences in depression prevalence, societal perceptions and stigma surrounding male depression, cultural beliefs and their influence on men, and the relationship between co-occurring mental health disorders and depression in males. By achieving these objectives, the review sought to contribute to a better understanding of depression in men and inform future research, clinical practice, and policy.

Methods: A systematic search was conducted to identify relevant studies from various databases, including PubMed and Google Scholar. The inclusion criteria were applied to select studies that focused on depression in men and were published in peer-reviewed journals. Data extraction involved collecting information on study characteristics, key findings, and implications related to the research objectives. Thematic analysis was employed to identify key themes and patterns across the included studies.

Results: The scoping review included twelve studies that provided valuable insights into depression in men. The findings indicated gender differences in depression prevalence, with men experiencing depression at different rates compared to women. Societal perceptions and stigma surrounding male depression were identified as significant barriers to help-seeking and support for men. Cultural beliefs and their influence on men's experiences of depression highlighted the importance of culturally competent care. Furthermore, the review emphasized the complex relationship between depression and co-occurring mental health disorders in males.

Conclusion: This scoping review contributes to the understanding of depression in men by highlighting key themes and implications from the included studies. The findings underscore the need for tailored interventions, improved access and affordability of mental health services, enhanced awareness, and strengthened healthcare engagement to address depression in men effectively. Based on the findings and limitations of the review, several recommendations for future research are proposed. These include conducting longitudinal studies to understand the trajectory of depression in men, incorporating diverse populations and cultural contexts, employing qualitative research approaches to gain deeper insights, utilizing more rigorous study designs such as systematic reviews and meta-analyses, and developing gender-sensitive assessment tools and screening measures specific to male depression.

Keywords: Depression, Men, Mental Health, Emotional Well-being, Scoping Review, Gender Differences



Oluwakemi Ayansola

The impact of anxiety and depression among overweight and obese young adults (18-25 years) in high-income countries.

Background: Existing research reveals that the prevalence of mental health issues, such as depression and anxiety, are driven by external and internal stigma. And patients have employed various coping strategies, including, emotional eating, cognitive restructuring, healthy dietary choices, self-monitoring, physical activity, seeking social support, and confrontation, offering insights for targeted interventions. Therefore, this review evaluates the impact of anxiety and depression on obesity and overweight among young adults (aged 18-25) in high-income countries using a systematic review design.

Methods: This systematic literature review used the SPIDER framework to design the review questions. Following the PRISMA framework, peer-reviewed empirical studies published between 2013 and 2023 were selected for analysis. Studies were extracted from three databases: Medline, ERIC and CINAHL Plus with full text. These databases were chosen for their comprehensive coverage of high-quality research related to obesity, mental health, and young adults in high-income countries, ensuring a robust systematic review. Thematic synthesis was applied to uncover patterns and relationships in the data, and ethical considerations were adhered to throughout the review process.

Results: In the thematic synthesis, seven themes were identified relating to body image perceptions. Participants expressed mixed emotions influenced by societal norms and personal attitudes. Cultural ideals and barriers to engagement with weight loss services were also prominent. Motivations for weight loss encompassed appearance and health-based reasons. The findings underscore the complex nature of body image and its impact on mental well-being.

Conclusion: The findings highlight how coping strategies, like exercise and peer support, play a role in managing mental health challenges. However, further targeted research is needed to address the specific experiences of this population. Recommendations were made for evidence-based interventions and policies to support the mental well-being of young adults with obesity in high-income countries.

Keywords: Anxiety, Depression, Overweight, Obesity, Young Adults, High Income Countries, Systematic Review



Charity Azebeokha

Experiences of menopause amongst Liverpool John Moores University staff: A qualitative study.

Background: Menopause is a natural biological process that occurs in people as they age and marks the end of their reproductive years; it is a gender-specific life stage that affects a certain percentage of the workforce and discussions around menopause in the workplace are becoming increasingly important as more women continue to work beyond the age of 50. However, most organisations do not view menopause and its related challenges as an issue. Employees are often afraid to speak up for fear of discrimination and being branded as problematic. Evidence has shown that menopause can impact quality of life in different ways. This study aims to explore the menopausal experiences of staff at LJMU.

Methods: A qualitative approach was used to gather data from eight participants employed at LJMU who were experiencing menopause. Participants (mean age 52) were purposively sampled, and semi-structured face-to-face and online interviews were conducted. The main themes were identified through reflexive thematic analysis.

Results: The result shows that most participants were unaware the symptoms experienced were menopause related. Several symptoms such as, hot flushes, fatigue, brain fog, and mood swings, which led to anxiety, and depression, causing a lot of discomfort and shame. Additionally, these symptoms impaired participants' ability to concentrate while teaching. Among the key challenges identified in this study were office layout without ventilation and a lack of support and understanding from colleagues and managers. In managing symptoms, most participants reported using hormone replacement therapy (HRT), and others indicated self-medication with herbs. The study found that despite having a policy on menopause at LJMU, participants were generally unaware of it.

Conclusion: This research contributes to knowledge on menopause by providing insights into the experiences of menopausal people as there remains a knowledge gap from an organisational perspective on the actual health condition, behaviours, and challenges of those going through menopause, particularly in a university environment. More efforts are needed to increase awareness of menopause and its related policies at LJMU, providing maximum support that meets the unique needs of menopausal people within the workforce, gender equality in career progression, increased productivity, and job satisfaction.

Keywords: Menopausal People, Menopause, Symptoms, Liverpool John Moores University, Experiences, Management



Manju Baruah

Academic stress, mental wellbeing, substance use and social support among university students pursuing higher studies.

Background: Students at United Kingdom (UK) universities come across various obstacles in the modern world, which is a significant public health concern. Stress emerges as a key factor that has a major effect on university students' academic progress. The transition from high school to university often exacerbates academic stress. The effects of such stress vary from deterioration of mental wellbeing to substance use, which may have an impact on academic performance and undermine the effectiveness of social support systems. The aim of this study is to better understand the connections among academic stress, mental wellbeing, substance use, and social support among university students pursuing higher studies.

Methods: A cross-sectional online survey was used to investigate the relationship between academic stress, mental wellbeing, perceived social support, and substance use. The sample was 52 students pursuing full-time higher studies at Liverpool John Moores University. A self-made demographic profile sheet and standardised scales were used in the study to evaluate and find the associations, correlations, and differences among the variables that were found in previous pieces of literature.

Results: Half of the participants reported experiencing an average amount of stress from academic expectations, work and examinations, and academic self-perceptions. There were no associations between academic stress and social support, substance use, and mental wellbeing. Academic stress was associated with participants' financial situation, however, neither academic stress nor mental wellbeing was significantly linked with age or substance use.

Conclusion: Academic stress is a common issue for university students, but this study suggested that there was no relationship with mental wellbeing, substance use, and social support in this sample. To promote a holistic atmosphere in universities that prioritises student wellbeing, this study underlines the significance of personalised interventions that address every aspect specifically.

Keywords: Academic Stress, Mental Wellbeing, Substance Use, Social Support, University Students



Victor Bariedoora Bieh

A survey investigating university students' knowledge, attitudes, and barriers to cervical screening.

Background: Globally, cervical cancer has been deemed a public health concern as it is the fourth most common malignancy among women. In the United Kingdom, cervical cancer is the fourteenth most common cancer among women. The only preventive tool that can identify cervical cancer in its precancerous stage, when preventive actions can be taken, is cervical cancer screening (CCS). Numerous studies have examined the awareness, attitudes, and barriers to the adoption of CCS between different groups. However, this subject has not been studied among female students at Liverpool John Moores University (LJMU), the majority of whom fall within the CCS eligibility age range. This study aimed to explore LJMU female students' knowledge of CCS, their attitudes towards CCS, and the factors that affect CCS uptake.

Method: The study was approved by Liverpool John Moore Ethics Committee. An online survey with binary closed ended questions were utilised as a quantitative method, and its design was guided by four validated questionnaires. The questionnaire was made available to websites connected to the institution for anonymous responses. The questionnaire examined the participants' basic demographics, knowledge, attitudes, and barriers to the uptake of CCS. The study's data was analysed using SPSS.

Results: The study recruited 92 participants and they exhibited good overall awareness of CCS as 67% have heard of CCS, but they had inadequate specific knowledge of CCS guidelines. Approximately 72% of the participants in the survey had a favourable view toward CCS. The uptake of CCS was poor as only 40 % of research respondents had participated in CCS, however 80% of those who had been screened reported a positive experience. Barriers to CCS uptake among study participants include embarrassment (62%), fear of pain (54%), fear of cervical cancer diagnosis (64%), and no health education on CCS (43%).

Conclusion: The study indicates that LJMU female students need health education on CCS because there is a low uptake of cervical cancer screening tests.

Keywords: Cervical Cancer, Cervical Cancer Screening Uptake, Pap Smear, University Students



Geethu Leena Chacko

Attitudes, reasons, and effects of vaping among students in Liverpool John Moores University: A quantitative study.

Background: The rising prevalence of vaping among young individuals has raised significant public health concerns due to potential health risks. Even though vaping is considered a smoking cessation tool, vaping is very much influenced by young adults. Therefore, this study focuses on understanding the attitudes and behaviours of LJMU students toward vaping. Furthermore, it evaluates the influence of advertising and marketing of vaping products, attitudes toward age restrictions, awareness programmes, and insights into the factors that motivate students to begin vaping.

Methods: This study utilised a quantitative approach, employing convenience sampling for participant selection. An online, self-administered questionnaire was distributed to collect data from 105 participants, which was then analysed using SPSS, including chi-square tests.

Results: The study involved 105 students, predominantly females. Most participants were aged 25-34 years, followed by 18-24. Postgraduates exceeded undergraduates. Among students, 58% never vaped, 42% experimented, and 15% were current vapers. Gender correlated significantly with initial vaping engagement. Notably, gender is related to advertisement influence and negative vaping effects. The majority supported stricter regulations, age restrictions, and awareness programmes. Most agree vaping causes significant harm. Curiosity drove vaping. Most had not faced peer pressure to vape. The majority acknowledged vaping's negative effects, emphasising lung damage. The majority agreed e- cigarettes are 95% less harmful than tobacco smoke, with more harmful chemicals in tobacco smoke. Most disagreed that e-cigarettes are less addictive than tobacco smoke.

Conclusion: This study reveals vaping behaviours, attitudes, and perceptions among LJMU students. It highlights varied usage patterns, gender and social influences, and health concerns. Students support regulations and age restrictions while valuing awareness programs. Tailored education, cessation support, and targeted interventions are recommended to address vaping complexities. The research contributes insights to the broader understanding of vaping behaviours and informs strategies for healthier choices among young adults. Further research is needed in student vaping in the United Kingdom, long term health effects of vaping, vaping in pregnant women.

Keywords: Vaping Behaviours, Students, Attitude, Young Adults, Regulations, Advertisements



Priya Chandra Babu

A quantitative study on alternative menopausal treatment through opinions of Liverpool John Moores University students from the South Indian region of Kerala.

Background: Menopause is a global issue affecting women. Hormone Replacement Therapy (HRT) has been a standard treatment, but due to cancer risks, women are increasingly turning to herbal remedies. This study explored Kerala students' views on alternative treatment methods such as traditional herbal medicines and diet plans for reducing menopausal symptoms, benefits, and safety concerns. The findings highlight growing interest in alternative treatments, the importance of accurate information and support for menopausal women, and challenges in regulating herbal treatment. The study emphasised the need for comprehensive patient information and high-quality standards to address the changing landscape of menopausal symptom management.

Methods: LJMU Research Ethics Committee granted approval for this study. Demographics, views about alternative treatment options such as traditional herbal treatment, and dietary advice for managing menopausal symptoms were the questions covered in the study. Through social media platform WhatsApp, an online survey questionnaire link was sent to participants to complete the survey. The study had 103 participants. Through SPSS, descriptive and crosstabulation statistics were used to examine quantitative data.

Results: Main findings showed that age-related perceptions of traditional medicines varied, with no statistical significance ($P = 0.318$). No significant link was found between herbal medicine as a safer substitute ($P = 0.341$), side effect comparison, or first-line therapy. There were no discernible gender differences in the use of traditional herbs and modern medicine ($P = 0.198$). Notably, there was a significant association between herbal medicine suggestions and dietary advice ($P = 0.001$). There were no gender or age variations in the effects of diet on bone health and wellbeing ($P = 0.717$). These insights enhance students' views on traditional herbs and dietary effects during menopause.

Conclusion: Research on menopause treatment highlights the intricate nature of symptoms and the alternative options available. Educating students about menopause is crucial for creating supportive environment for women. Traditional herbal medicines and diets are now globally popular alternatives, emphasizing the need for proper regulation, safety, and reliable data.

Keywords: Menopause, Hormone Replacement Therapy, Traditional Herbal Medicines,



Simi Chollom

Access to sexual and reproductive health services for women and girls in humanitarian settings in Sub-Saharan Africa: A scoping review

Background: Many refugees and internally displaced women and girls worldwide face challenges related to their Sexual and Reproductive Health and Rights (SRHR), which significantly contributes to poor health outcomes. This is due to limited provision of sexual and reproductive health services (SRHS) during humanitarian crises which makes these women and girls more vulnerable to poor health outcomes. The focus of this research is on women and girls in humanitarian settings in Sub-Saharan Africa as it hosts the largest number of refugees and Internally Displaced Persons (IDPs) globally. This study aimed to identify what is known about the challenges in accessing SRHS for women and girls in humanitarian settings in Sub-Saharan Africa.

Methods: A scoping review was conducted to map the available literature on the topic by creating a search strategy with specific search terms and identifying relevant studies from three databases, then screening the studies based on the inclusion and exclusion criteria, after the removal of duplicates.

Results: Twelve studies and one report were included and analysed in this review. The key findings from these studies are the lack of trained healthcare professionals, poor standards of healthcare professionals, inadequate health facilities, contraceptive unavailability, unaffordability, and low awareness of SRHS, cultural, structural, and social barriers to accessing these critical services.

Conclusion: This review reveals the challenges faced by these women and girls in accessing SRHS. It is therefore recommended that the host government, in collaboration with international agencies, ensure that adequate funds are allocated to the health sector, promote professionalism among health professionals through additional training, and create more awareness about available SRHS, empowerment programs, and early sex education for women and girls. More research should be conducted in Sub-Saharan countries and explore marginalised areas of SRH such as self-induced abortion, menstrual resumption and stigma regarding abortion and contraception.

Keywords: Sexual Health, Reproductive Health, Internally Displaced Persons, Sub-Saharan Africa, Humanitarian Settings



Jade Christian

A scoping review of the impacts of gambling on health and wellbeing amongst the United Kingdom adult population.

Background: There are calls for gambling to be considered as a public health issue due to the harms associated with its participation for some individuals and at-risk groups. Ranging from psychological harms, financial stresses to health harm behaviours and wider family and community affects. This scoping review aimed to address if the UK population experienced health harm effects of gambling and also the consideration of the evolving accessibility of online based gambling comparable to land-based methods.

Methods: PRISMA guidelines and flow diagram framework for scoping reviews were followed for retrieval of relevant studies for this review. The database EBSCOhost was searched for qualitative, quantitative and mixed methods studies using pre-set inclusion and exclusion criteria tailored to the topic of interest between 2018 and 2023, based in the UK with adult participants. 875 studies were retrieved, and after screening processes including duplicate removal, ten studies were included in the final review.

Results: Harms relating to gambling tended to primarily affect individuals with problematic gambling behaviours, including heightened anxiety and depression levels, financial and relationship strains. Alcohol's relationship to gambling harms is a theme examined often, with associations between gambling frequency and alcohol intake. Although limited research pertaining to online gambling was retrieved, aspects of this were included in a small number of the studies particularly with regards to younger people. Three populations were common when assessing harms: armed forces, young people and males. This highlights at-risk groups but also gaps in the research for other potentially vulnerable populations.

Conclusion: Gambling related harms are experienced by those at varying risk levels of problematic gambling participation, however this can also affect families and the wider community. Whether a health issue existed prior to, as an outcome of, or is exacerbated by, gambling for some individuals should not deter from a public health multifaceted approach to harm reduction. Further research into emerging online gambling related harms and on a whole population level, as well as at risk populations, will provide a greater representative sample of the UK and address health support needs.

Keywords: Gambling, Problem Gambling, Online, Health Harms, Public Health, UK



Miriam Clowes

What are the challenges faced by professionals working within schools when delivering health promotion sessions to children aged 5-18 years in Liverpool in a post-covid world? A qualitative study.

Background: Health promotion within schools is an essential tool to challenging poor health and promoting healthy choices across the lifespan. Existing literature widely acknowledges that early intervention is key to positive long-term health outcomes and school health education is seen an effective tool to support this. However, Covid-19 has created challenges in how health education is delivered. Some studies have suggested Covid-19 has improved multi-agency working and has generated new, effective methods of delivery whereas others have argued that the role of practitioners has changed, and they now face different challenges which hinder efficacy of health promotion. No studies have been documented which compare pre- and post-pandemic delivery of health education simultaneously through the exploration of practitioner perspectives.

Methods: A qualitative study design was used to conduct research; using individual, semi-structured interviews via Microsoft Teams. A sample of six participants were obtained through purposeful sampling; three participants had a background in education and three participants had a background in public health nursing. Interviews were transcribed and analysed using thematic analysis.

Results: Findings showed that participants experienced poor relationships between multi-agencies, with school health and teaching staff working independently to deliver health promotion, often covering the same topic rather than working together to tailor content according to local need. Resources and attitudes towards health promotion were identified as an area of interest. It was reported that there appears to be a disparity of resources across the locality, with school leaders making individualised decisions on which topics to be included within their settings, often informed by their own beliefs or agendas. Parental attitudes towards health promotion were seen as a significant factor in efficacy; providing a comparison of positive parental engagement pre-covid compared to poor engagement post-covid. The visibility of the school health role was also raised, with comparisons drawn between in-person and virtual relationships as a direct impact of the pandemic. Health practitioners felt that they no longer had strong relationships with school staff and teaching staff reported that they did not know how to access school health teams for support.

Conclusion: Work is needed to improve relationships between health and education, with focus given to the local needs of children rather than to personal agendas of school leaders. Engagement with parents requires significant improvement if the long-term consequences of Covid-19 are to be improved.

Keywords: Health Education, Health Promotion, School Health, School Nurse, Teachers, Covid-19



Kyellu Dabu

Understanding stigma towards opioid use disorder and its role as a barrier to treatment in Sub-Saharan Africa: A scoping review.



Background: Opioid use disorder is a global problem and an overwhelming public health concern, as opioids remain the most fatal class of drug responsible for two thirds of drug-related deaths. Opioid use disorder is the most stigmatized health condition worldwide and it serves as a huge barrier to treatment. Stigma associated with opioid use disorder does not exist in isolation but worsened by marginalization linked to race, gender, and ethnicity. Opioid trafficking routes along Sub-Saharan Africa have created local markets and increased consumption of heroin in East and Southern Africa and increased misuse of Tramadol and Codeine in West and Central Africa. Opioid use disorder has serious health repercussions that can include higher overdose risk, infectious diseases, mental health issues, as well as social and economic disturbances for affected persons and their families. Access to evidence-based treatment of opioid use disorder in Sub-Saharan Africa is often limited and stigma can act as a barrier to seeking and accessing treatment.

Methods: A scoping review was conducted to search for studies on stigma towards opioid use disorder and its role as a barrier to treatment in Sub-Saharan Africa using Arksey and O'Malley's methodological framework for scoping reviews. Screening was done in two stages based on inclusion and exclusion criteria. Data was charted and relevant studies identified (n=16) and subsequent thematic analysis was performed.

Results: Sixteen studies were identified, the majority from East Africa. Five themes emerged: stigma towards opioid use disorder are significant barriers to treatment, stigmatization of women who inject drugs, lack of sufficient healthcare facilities, mode of administration/enrolment as a barrier to treatment, and integration of antiretroviral therapy and medication-assisted treatment generates stigma.

Conclusion: The review highlighted diverse forms of stigma towards opioid use disorder which impacts on availability and accessibility of treatment in Sub-Saharan Africa as well as harm reduction which is slowly gaining recognition as an effective strategy to address the health and social consequence of opioid use disorder. There is need for more research, advocacy, policy reforms, and collaboration towards addressing opioid use disorders and stigma.

Keywords: Stigma, Opioid Use Disorder, Opioids, People who Inject Opioids, Women who Inject Opioids, Sub-Saharan Africa



Waruni Dambure Liyanage

A survey exploring knowledge and attitudes towards menopause among menopausal people in Sri Lanka.

Background: Every woman goes through menopause, which is a natural yet crucial stage that affects overall health and wellbeing. Lack of knowledge and negative attitudes towards menopause can have a detrimental impact on women's quality of life and make them suffer more. By diagnosing symptoms early, women can improve their quality of life both during and after menopause. One fourth of Sri Lankan population consist of women and menopause is an under researched topic in Sri Lanka. The purpose of this study was to explore menopausal women's knowledge of and attitudes towards the menopause in Sri Lanka.

Methods: A descriptive cross-sectional study was conducted among 57 women in Sri Lanka between 45-65 years using a quantitative study method and the participants were recruited through non-probability sampling approach. Data collection tool was an online questionnaire and analysis of data was done using SPSS version 28. A probability of $p < 0.05$ was considered as significant.

Results: The study found that while most menopausal women are aware of what menopause is, 45.6% have little knowledge about it, with only 5.3% having very good knowledge. Over half of the participants were unaware of symptoms brought up by menopause, and only 10.5% knew about hormone replacement therapy. Most women believed that physical changes during menopause were inevitable and hence acceptable. 43.9% believed menopause marked the end of sexual life. However, only 14% had a positive view, and 24.6% had a negative view due to the loss of youth and fertility and other's views were neutral. Additionally, 44.6% of respondents had no education about menopause at school, and 36.8% believed it was not necessary to consult a doctor during menopause. More than half of the population stated that they occasionally discuss openly about menopause with friends and family and 31.4% said they never discuss menopause openly.

Conclusions: Sri Lankan menopausal women had limited knowledge and mainly negative and neutral attitudes towards menopause. Healthcare professionals, especially public health midwives, therefore, should act as the major source of information regarding menopause-dispensing advice to women during menopausal transition.

Keywords: Menopause Knowledge, Attitudes, Perceptions, Awareness



Kristal Varma Dirisam

Sudden cardiac events/deaths in young people.

Background: Over the decades, sports and physical activity have been on trend to focus on the future, to make it a little lighter, and brighter. Physical activity is said to be a modifiable risk factor that helps the individual to have an inverse relationship with comorbidities like high blood pressure, high blood sugar etc and benefits cardiovascular health. However, it is also proven that sudden deaths occur usually shortly after vigorous physical activity. Although sudden cardiac deaths (SCD)/Sudden cardiac arrest (SCA) are seen at all ages, SCD in young adolescents has drawn major attraction. This study distinctly focuses on determining the ways to prevent unexpected or unforeseen negative health impacts on the young generation during vigorous exertion especially during sports and to assess the effectiveness of the existing screening methods to identify SCD. This paper followed Systematic Literature Review (SLR) and data was extracted, analysed, and summarised.

Methods: Web of Science, PubMed, Scopus, EBSCO host and grey literature like google scholar, NHS website, Office of National Statistics (ONS), UK National Screening Programmes, Cardiac Risk for Young (CRY) website were searched, and six prospective observational studies were selected. The mentioned databases were searched using a traditional search strategy and five papers were obtained. The population of interest included young athletes and young non-athletes. In this study, only papers published in the United Kingdom were included, and therefore may not apply to the other regions.

Results: Results from the final five eligible studies showed that pre-participation cardiac screening (PPCS) has a positive effect in identifying young people at risk and proved the effectiveness of PPCS. Evidence also showed it is not only the young athletes at risk, but non-athletes as well. And so, it is important to standardize and mandate the screening protocols where necessary.

Conclusion: Various causes have been identified during the research which resulted in SCD/SCA in young athletes. Despite the significant controversy in this topic, the observational and cross-sectional studies included in this paper have shown that PPSC, clinical investigations like ECGs, on-site TTE and 24-hour ECG monitoring help in identifying and preventing unexpected cardiac events. Further research is necessary to fill in the evidence as cardiovascular disease (CVD) has always been a public health problem. Recommendations to prevent such tragic events were also included, highlighting the need for further research.

Keywords: Sudden Cardiac Deaths, Sudden Cardiac Arrest, Pre-Participation Cardiac Screening, Young Athletes, Young Non-Athletes, Cardiovascular Disease



Christiana Kehinde Dongo

Knowledge of weight gain during pregnancy among Nigerian women.

Background: Maternal obesity and excessive pregnancy weight gain are linked to an increased risk of perinatal mortality. There is little published evidence proving Nigerian pregnant women's understanding of these issues, their effects, and management solutions. The purpose of this study was to measure Nigerian pregnant women's knowledge of weight gain during pregnancy and their knowledge of safe ways to manage it.

Methods: The cross-sectional research design was used for this study. The convenience sampling method was used to collect data using an online survey developed from validated questionnaires used in prior studies on 100 women who were members of a Nigerian Facebook group. Cronbach alpha was used to test the instrument's reliability, while descriptive statistics and chi-square were utilised to analyse the data collected. All hypotheses were evaluated at the 0.05 level of significance.

Results: The results of this study showed that the majority (57.7% and 84.5%) of Nigerian women have a high level of knowledge of weight gain and safe ways of managing it, but it was also deduced from the results that a significant number (42.3%) of the respondents had a low level of knowledge of weight gain especially in the area of neonatal risks associated with greater maternal weight gain. There was statistically no significant difference between the knowledge of weight gain and socio-demographic characteristics such as marital status and highest level of education, occupational status, religion of the respondents and their knowledge of weight gain, but there was a statistical difference between those who currently care for children.

Conclusion: Nigerian women demonstrate a high level of knowledge of weight gain during pregnancy and safe ways or methods to manage it. But despite this optimistic conclusion, most of their responses show that many of the women were unaware of the neonatal risks associated with greater maternal weight gain. It is recommended that more interventions geared towards mothers getting a better understanding of these issues may serve as a motivator for them to maintain and manage their weight gain during pregnancy to enhance their baby's prognosis and to avoid possible neonatal consequences of their actions.

Keywords: Pregnancy, Excessive Weight Gain; Knowledge; Neonatal Risks; Perinatal Mortality



Macnelly Edeh

A systematic review of the factors influencing employee motivation among healthcare workers in Sub-Saharan Africa.

Background: Over time, the pressing concern of sub-par health service delivery has escalated in developing nations, particularly within the Sub-Saharan region of Africa (SSA). The efficacy of delivering quality healthcare services hinges significantly upon the presence and competence of healthcare workers (HCWs). Moreover, the degree of employee motivation among HCWs in this region is posited to correlate with healthcare quality. Conversely, the demotivation of healthcare workers is purported to exert adverse effects on motivational outcomes, encompassing diminished performance and productivity, compromised healthcare delivery quality, and HCW migration. Thus, in response to the imperative of addressing the scarcity of highly motivated healthcare staff, a methodical literature review was undertaken to systematically investigate the factors influencing employee motivation within the healthcare workforce of SSA regions.

Methods: To undertake this study, a systematic review methodology was employed, and three reputable databases were searched, guided by the inclusion and exclusion criteria. Through this process, a total of seven articles meeting the specified criteria were identified, appraised, and subsequently organized thematically.

Results: The findings derived from the comprehensive review underscored a troubling lack of equity and transparency within the health sector of SSA, specifically concerning crucial aspects like salary schemes, promotions influenced by managerial preferences, and recommendations for in-service training. This pervasive issue of inequity was identified through a meticulous analysis of seven prominent themes, including financial remuneration, career development, access to further educational opportunities, managerial practices, recognition, availability of resources, and infrastructural facilities. Although financial remuneration emerged as a prevalent factor affecting employee motivation, it was evident that other dimensions such as managerial practices, recognition, and the provision of resources also wielded significant influence over the motivation of healthcare.

Conclusion: It is therefore deduced that several factors influence employee motivation thus it is imperative for pertinent stakeholders to integrate a balanced approach that encompasses both financial and non-financial incentives. This strategy holds the potential to foster a substantial enhancement in employee motivation among healthcare workers (HCWs) in the SSA region.

Keywords: Healthcare Workers, Motivation Factors, Sub-Sahara



Eseoghene Edema-Osajivbe

Systematic review of quantitative studies on prevalence of intimate partner violence against women in Sub-Saharan Africa (Low and-Middle-Income Countries).

Background: Intimate partner violence (IPV) and abuse against women is a huge societal issue which is seen to affect the progress of the SDG 5.2 goal. Sub-Saharan African Low and Middle-Income Countries (LMICs) is the region with the highest prevalence of IPV globally, affecting both married and unmarried women in relationships and marriages, respectively. Therefore, the aim of this study was to have an in-depth understanding of the high prevalence rate of IPV against women in Sub-Saharan African LMICs, thereby understanding the somewhat complex nature of IPV against women, to identify possible causes and provide information necessary to develop solutions. The systematic review assessed the factors relating to the high prevalence of IPV and abuse against women in the selected Sub-Saharan African LMICs, identifying the overall lifetime and 12 months prior to the study time's prevalence rates.

Methods: A systematic review of literature was conducted where relevant databases were searched using key terms related to the topic, with the aid of the PEO (Population, Exposure, Outcomes) search framework. Studies were selected based on set inclusion and exclusion criteria. Thereafter, the screening process was carried out first by excluding duplicates of studies selected from the database. Following this was a title and abstract screening, and then a full text screening.

Results: It was found that these prevalence rates were high due to the existence of various types of IPV like physical, economic, sexual, verbal, emotional/psychological and controlling behaviour. The lifetime/overall prevalence rate ranged from 25.5% to 78.5%. This supported research which suggested that this region has a high rate of IPV against women, establishing itself in different forms.

Conclusion: IPV is a highly prevalent issue which, if not controlled, will result in physical, mental and sexual/reproductive health issues for women in Sub-Saharan Africa. It is therefore important for the governments of these countries and healthcare professionals to offer specialised services to abused women and ensure men are involved in the fight against IPV. Women who are experiencing IPV should have the opportunity to speak up about their struggles and obtain the required help as and when necessary.

Keywords: Intimate Partner Violence, Sub-Saharan Africa, Low-and-Middle Income Countries, Abuse



Esohe Grace Edenene

Perception of menopause symptoms among Nigerian women: A scoping review.

Background: The menopause stage is an important part of every woman's life. Menopause marks the period where a woman no longer produces viable eggs, and it is characterised by the cessation of the monthly menstrual cycle. The objective of this scoping review was to investigate the perception and awareness of menopause symptoms amongst Nigerian women. Furthermore, the research aimed to investigate the factors that affect Nigerian women, their awareness about menopause symptoms, as well as common sources where women obtain information about menopause symptoms.

Method: To achieve the aim of the research, a scoping analysis method was adopted. The method involved the description of the research question using the PCC (Population, Concept, Context) Framework. The PCC Framework enabled me to determine the research question using the population of interest – in this case, women - including peri-menopausal women, menopausal women, and post-menopausal women. Within the concept of research awareness levels and factors that affect these - Nigeria was the context. The search strategy was determined using predetermined inclusion and exclusion criteria. An initial search of three databases (Medline, Scopus, and Web of Science) produced a total of 143 results. These were exported to Bibtext, and deduplication was performed leaving only 115 resources which were subject to title and abstract screening. At the end of the process, a total of 43 documents remained. In text- reference search yielded two results which were added to the previous 43 documents and full-text screening was performed. At the end of the screening process, 19 articles were selected for the review.

Results: Of the 19 articles selected, 16 were of cross-sectional survey design while two papers used a qualitative design, and one paper used a mixed method approach. A data extraction table was used to categorise findings of this research into themes which were analysed. A data extraction table was used to categorise findings of this survey. The findings of this survey showed that women had an appreciable awareness of menopause symptoms with factors such as age, level of education and cultural background being recognised as determinant factors.

Conclusion: The findings of the review highlighted the consideration of factors such as education, age and cultural background when designing intervention programmes for Nigerian women. It is recommended that future research should focus on these factors to develop adequate menopausal services.

Keywords: Menopause, Perception, Symptoms, Awareness, Women, Nigeria



Ekundayo Efe

Exploring prevalence and attitudes of Liverpool John Moores University students towards vaping: A quantitative study.

Background: The increase in vaping among student populations and youths in the United Kingdom and around the world has become a major public health concern. There is emerging evidence on the negative effects that vaping can have on individual health necessitating the need to explore prevalence and attitudes of university students towards vaping and determine the factors that influenced vaping.

Methods: An online cross-sectional survey was delivered to students on the public health, midwifery, and criminology departments of LJMU to assess the prevalence, patterns of vaping, attitudes towards vaping and their dependence on nicotine by adapting Fagerstrom test for nicotine dependence. The link to the survey was sent to students via their email addresses. SPSS was used to analyse the results.

Results: A total of 82 students completed the survey. 85.4% were female and 70.7% were 25 years and above. Those that have ever vaped were 26.7% and 20.7% had vaped in the last six months. 17.6% of those who have vaped in last six months vaped daily. Compared to 18-24 years, students aged 25 and above vaped more. Peer pressure was the influencing factor to vape. 50% of UK students vaped compared to 16.1% of international students. 58.8% were classified as low dependence and 41.2% were low to moderate dependence. Above 80% of those that have vaped and never vaped agreed that vaping should be illegal for under 18, banned in public spaces and subject to the same rules as cigarettes.

Conclusion: The students had a positive attitude towards the current regulation on vaping. The percentage of students that have ever vaped was lower than other European Countries and higher than other studies in China and Saudi Arabia. None of the respondents have a high nicotine dependence. Peer pressure was the major factor that influenced vaping.

Keywords: Vaping, E-cigarettes, Smoking Cessation, Attitudes, Prevalence, Nicotine Dependence



Cynthia Egede

Prevalence of Hepatitis B infection among healthcare workers in Nigeria: A systematic review.

Background: Hepatitis B virus (HBV) is an infectious disease of global significance, causing a significant health burden. Healthcare workers (HCWs) are more exposed to HBV infection. The objective of this study was to systematically review all published evidence on the seroprevalence of Hepatitis B virus (HBV) infection among HCWs, and synthesize evidence on the predictors of HBV infection and association between some selected characteristics during the period of 2010 to 2023.

Methods: In this study, 14 fully published research articles retrieved from databases like PubMed, MEDLINE, Cochrane Library, African Journal Online (AJOL), and Google Scholar were examined to investigate HBV seroprevalence between January 01, 2010, and June 30, 2023. HBV infection was defined based on a positive test for HBsAg. A descriptive analysis was performed on categorical variables using frequencies and percentages to compare the prevalence of hepatitis B infection among healthcare workers, employing the Chi-square test. Additionally, the association between various factors and hepatitis B infection was assessed using univariate logistic regression, estimating odds ratios (OR) and 95% confidence intervals (CI).

Results: A total of 94 articles were identified and after screening and assessment, 14 studies with a combined sample size of 6,541 HCWs were included in the final analysis. The pooled prevalence of HBsAg among HCWs was found to be 4.43%. The North-West region of the country had the highest pooled prevalence at 21.13%, while Internship staff had the highest prevalence estimate of 21.48% among different work types. The most used HBV detection method was the rapid diagnostic test (RDT) in 57% of the studies, followed by enzyme-linked immunosorbent assay (ELISA) in 36% of the studies. Several risk factors were found to be significantly associated with HBV infection among HCWs, including a history of blood transfusion, male gender, shorter work experience, and poor knowledge about HBV.

Conclusion: This systematic review provides valuable insights into the prevalence and risk factors of HBV infection among HCWs in Nigeria. The findings highlight the importance of implementing targeted interventions and preventive measures to reduce the burden of HBV infection in this high-risk population.

Keywords: Seroprevalence, HBsAg, Nigeria, Healthcare Workers, HBV



Nissy Elizabeth Thomas

A quantitative study of the knowledge, attitudes, and effects of vaping among male and female students at Liverpool John Moores University.

Background: This study explored the knowledge, attitudes, and effects of vaping among male and female students at LJMU. The literature review underscores the discussion of vaping devices as a healthier alternative when compared to traditional smoking. Smoking leads to various health problems, including lung diseases, heart issues, and more. Hence, there is undeniable evidence of numerous harmful elements in cigarettes. The addictive habit of smoking is challenging to quit, prompting the emergence of vaping as a potential harm-reduction strategy. Vaping involves the use of electronic cigarettes (e-cigarettes).

Methods: This study employs a descriptive research design to investigate vaping knowledge, attitudes, and effects among male and female LJMU students. The research approach is inductive, utilizing an inductive method for data collection. An online survey was conducted via LJMU email, involving 105 participants who responded to a 23-question open-ended questionnaire. Convenience sampling was employed to target the student population. Data analysis utilized SPSS, focusing on primary data sources.

Results: The study comprehensively examines vaping knowledge, attitudes, and effects among LJMU students. The findings emphasize the role of social networks in awareness (92.4%) and highlight diverse views on harm reduction (39.5%). Notably, 39.5% of respondents believe e-cigarettes are 95% less harmful than tobacco smoking, indicating varied perspectives on harm reduction potential. Support for stricter regulations (72.1%) aligns with healthcare consensus. The study contributes to a broader understanding of vaping behaviours and attitudes among LJMU students, underscoring the need for ongoing research to explore this topic further.

Conclusion: In conclusion, this study sheds light on vaping attitudes and knowledge among LJMU students, highlighting diverse perspectives on harm reduction and the necessity for ongoing research.

Keywords: Vaping, Female Students, Male Students, Attitudes, Behaviour, Knowledge



Ridwan Fajemiyo

A survey of the knowledge and awareness of the harms of substance use among young adults in Nigeria.

Background: Substance use among young adults in Nigeria has been a growing concern, with potential implications for public health. This study aimed to assess young adults' knowledge and awareness of the potential harms of substance use in Nigeria, emphasising the interaction between sociodemographic and socioeconomic factors and their self-reported knowledge of substance use.

Methods: Utilising a cross-sectional approach, the study employed SPSS analyses to evaluate data from respondents predominantly active on a social media platform. The sample consisted of 99 respondents, with a balanced gender distribution and a majority aged between 18 and 25 years.

Results: A significant portion of the respondents (71.7%) had tertiary education, suggesting a well-educated sample. The study found that 44.4% of respondents were familiar with substance use, with 54% recognizing using substances like cocaine as substance abuse. Awareness of the potential harms of substance use was evident, with 44.4% strongly agreeing about their familiarity with the term. Occupation emerged as a significant factor influencing perceptions of substance use and its associated health risks. Furthermore, the study highlighted the emotional implications of substance use, with occupation playing a pivotal role in self-reported emotional challenges and suicidal thoughts.

Conclusion: The findings underscore the importance of understanding the perceptions and awareness of substance use among young adults in Nigeria. The influence of sociodemographic factors, particularly occupation, is evident in shaping these perceptions. There is a pressing need for targeted interventions and awareness campaigns to mitigate the risks associated with substance abuse.

Keywords: Substance Use, Harms, Perception, Awareness, Sociodemographic Factors, Nigeria



Danielle Fletcher

A qualitative study exploring how adult registered general nurses understand, access and practice self-care.

Background: There is renewed interest in the idea and practice of self-care to improve people's health, wellness, and well-being, as well as mitigating financial constraints with rising needs for social and healthcare systems throughout the United Kingdom (UK). The lack of clarity on the precise nature and complete scope of self-care, with a lack of a universal and widely recognised framework that might assist the conceptualisation and research of self-care in its entirety, in all situations and from many viewpoints, has been a continuing issue. This study intends to understand how registered adult general nurses practice self-care. Additionally, it seeks to bridge gaps in the literature on self-care for registered adult nurses in the UK and acquire knowledge to inform local Trust and Nursing Policy to support nurses' mental health and well-being.

Methods: A qualitative technique was adopted for this investigation. Participants were interviewed using MS Teams during semi-structured interviews. With the participant's consent, the interviews were recorded and transcribed. To find, analyse, and report patterns in the data, thematic analysis was used. The investigators' Facebook social media accounts were used to recruit participants. Each participant had to be an adult general registered nurse, which required them to be actively engaged in nursing practice to remain on the Nursing Midwifery Council (NMC) register in the UK. Nine people participated in this study.

Results: The concept of self-care was understood in some way by every participant. Even though participants identified self-care as a practice for both physical and mental health, most individuals indicated that self-care activities in which they practised would primarily promote mental wellness while having minimal impact on their physical health. Participants described lack of time in the day and spending their spare time caring for their families and doing household chores as the main obstacles to practicing self-care.

Conclusion: It was clear that the participants did not consistently practise self-care; they did so only when they had free time or felt emotionally overwhelmed. Self-care was not seen as a priority or a preventative measure.

Keywords: Registered Adult General Nurse, Self-care, Mental Health, Physical, Health, Time



Abin George

Evaluating dentists' attitudes and knowledge about smokeless tobacco and smoking cessation advice for smoking tobacco in India.

Background: The background of the research topic, set in public health, focuses on the use of tobacco that as a part of the lifestyle, has become one of the key contributors towards non-communicable disease. The current research intends to look at the attitude and knowledge of Indian dentists pertaining to smokeless tobacco and smoking cessation advice for smoking tobacco. The literature review highlighted empirical studies in various dimensions exposing the smokeless tobacco definition, impact of smokeless tobacco on oral health, impact of smoking cessation, attitude and knowledge of dentists towards tobacco and smokeless tobacco.

Methods: A survey study design with convenient sampling for collecting data from Indian dentists was used. The sample comprised n=63. SPSS was used for data analysis.

Results: The results showed that Indian dentists have substantial knowledge about both smoking and smokeless tobacco usage in the Indian population. They used and extended their existing knowledge level to create and educate Indian dental patients. Irrespective of their smoking status, their professional attitude towards counselling the patient has helped to create interventions that induce benefits. Demographic factors of age, education qualification, smoking status, gender, and work experience have varied relationships that show significance. The analysis showed Indian dentists as the core influencer of dental patients consuming smokeless tobacco products. They induce good oral health hygiene practices and highlight the risks that lead to oral cancer. Successive awareness creation and one-to-one support in the dental setting has helped knowledge dissemination, creating favourable attitudes in Indian dentists, professionalism in upholding the medical oath and deployment of multiple interventions to arrest withdrawal symptoms in Indian patients.

Conclusion: The research showed that Indian dentists' contribution towards the dental profession in treating Indian patients using smokeless tobacco is professionally handled over time. However, the rise in incidence of cases is not researched in the Indian context. This exposes the research gaps in other areas impacting dental patients' withdrawal behaviour.

Keywords: Attitudes, Indian Dentists, Knowledge, Smoking Cessation Advice, Smoking Tobacco, Smokeless Tobacco



James Harte

A qualitative study: Knowledge and attitudes of a sample of addiction professionals throughout Ireland to heroin-assisted treatment and its relation to opioid agonist therapy treatment.

Background: This research study examined addiction professionals' knowledge and views on the current provision of opioid-agonist treatment and whether there is a role for heroin-assisted treatment (HAT) in the overall model. There are currently an estimated 19,875 problematic drug users in Ireland. Of these, 11,445 are receiving some type of opioid agonist therapy treatment (OAT), which suggests that more treatment options should be made available.

Methods: Nine semi-structured interviews were used as the research method for this study, which was conducted using a qualitative approach. Participants were chosen from both rural and urban settings and were working in fields of homelessness, abstinence-based and harm reduction models of care.

Results: The study's findings indicate that the professional community is not well-versed in the use of HAT. Many participants acknowledged the significance that present OAT medications play in treating people who inject drugs, but they felt that there was not enough funding or support for the proper implementation of current harm reduction policies.

Conclusion: Stigma was a major theme in all interviews, while none of the people questioned thought that HAT would be implemented in Ireland anytime soon, citing the controversy surrounding the establishment of Ireland's first safe injection rooms.

Keywords: Qualitative study, Knowledge, Addiction Professionals, Ireland, Heroin-Assisted Treatment, Opioid Agonist Therapy Treatment



Rachel Howard

How do families who have been bereaved by substance use, use their experience to advocate for drug policy change and how does this affect them personally?

Background: Drug deaths in England and Wales are the highest they have been since records began. It is estimated that 275,896 adults in the United Kingdom are in touch with drug and alcohol services. It is thought that for every person who dies from drug use there will be ten close family or friends who grieve. Some people who have been bereaved by drug use their experience to campaign, or advocate, for drug policy change in the hopes to change laws and improve stigma for drug users and their families. There is sparse research on if campaigning work helps with their grief. There is also little research on barriers these campaigners feel they face.

Methods: An exploratory qualitative methodology using a phenomenological approach was the approach taken for this study. Semi-structured online interviews were used to collect data. Purposeful sampling was used for this study and seven participants took part. Interviews were transcribed and analysed using thematic analysis.

Results: Findings showed that families who had been bereaved by drug use although did not think campaigning helped explicitly with grief, did express that it gave them a focus. Participants also expressed that campaigning gave them meaning and felt that their message would help reduce drug deaths. Campaigning gave all the participants a sense of community and improved opportunities for them to meet people who had similar experiences which was deemed important to help cope with their grief.

Conclusion: Barriers to campaigning found in this study were lack of support from family and friends, stigma, cost, and it being traumatic to discuss death frequently. All participants felt that lived experience was as important, or more important, than professional opinion alone.

Keywords: Families, Bereaved, Substance Use, Experience, Advocate, Drug Policy Change



Aishat Ibidapo

Information sources consulted by women in Nigeria to manage menopausal symptoms: A systematic review.

Background: Menopause is a stage in a woman's life that signifies the end of menstruation and fertility. The age at which a woman begins to enter this phase ranges between 45 and 55 years, though some women enter earlier or later. Unlike Western societies, little is known about women's health-related information on how to manage menopause in Nigeria. Due to the socio-cultural and health infrastructure in Nigeria, the experience of menopause and its attendant symptoms might be perceived and managed differently than in other parts of the world. The aim of this study is to conduct a systematic review to identify the various information sources consulted by women in Nigeria to effectively manage menopausal symptoms.

Method: The search for relevant publications from January 2003 to August 2023 was conducted on several databases. Of the 73 discovered studies, 12 were sourced from PubMed, 15 from Google Scholar, 20 from Medline, 2 from Scopus, 6 from Research Gate, and 24 from African Journals Online (AJOL). Only nine of these were deemed suitable based on the eligibility criteria. Seven of the included studies were quantitative in nature, whereas two adopted a qualitative method.

Results: Throughout different regions, Nigerian women rely on a blend of culture and the dynamics of urban evolution to source information for the management of menopausal symptoms. The review has demonstrated that women depend more on their community and family tier when sourcing information. Other sources of information include healthcare providers, television, and social media platforms, among others.

Conclusion: The reviewed documents collectively revealed that the experience of menopause differs across several regions of Nigeria. It was found that many Nigerian women experiencing menopausal symptoms seem to depend more on a non-medical source for information to strategically manage the condition. This preference for non-medical sources shows a serious gap in medical awareness which could possibly imply a serious cultural, social, and religious influence on the health behaviour of women in Nigeria.

Keywords: Menopause, Menopausal Symptoms, Women, Healthcare, Nigeria



Dorcas Iorngurum

The association between early dental caries and malnutrition in Nigeria: A scoping review.

Background: Early Childhood Caries (ECC), also known as cavities or tooth decay, is a problem, especially in developing countries like Nigeria, and studies have shown that it is associated with malnutrition. This is because nutrition and diet play a significant role in the oral health and dental development of children. The review, therefore, was to explore various ways to show how early childhood caries is associated with malnutrition in Nigeria and ways to strengthen nutrition to reduce its prevalence in Nigerian children.

Methods: A scoping review of the literature published from 2019–2023 was conducted using four databases, CINAHL, PUBMED, BMC, and Google Scholar. To make this review precise and clear, further manual reference search were also undertaken. Also, for a comprehensive review, studies were screened for title and abstract as well as a full text review. More so, five out of six stages of Arksey and O'Malley's framework for scoping reviews were adopted and followed. The data extracted for the purpose of this review were properly charted, categorised, and narratively synthesised. The PCC (Population, Concept, Context) mnemonic was also used to narrow searches.

Results: After screening against the exclusion and inclusion criteria, 13 studies were included. These studies provided information about early dental caries, particularly among Nigerian children, as it relates to their nutrition. These studies stated that dietary factors, especially the superfluous consumption of sugary snacks and beverages, contributed largely to early childhood caries (ECC), and its implications happened to be beyond the physical health of children. Some of the studies mentioned that poverty also causes ECC as it contributes to malnutrition, which in turn affects oral health. These studies further analyse the fact that Nigerian children, especially those in rural and suburban areas, are more susceptible to ECC than those in urban areas. The result further shows that despite having multiple studies on diet and dental caries in Nigerian children, there are still research and knowledge gaps.

Conclusion: This review highlights that improvements can be made through interventions in nutrition in Nigeria because there are many studies on nutrition and dental caries in children worldwide, especially in high-income countries, but the reverse is the case for Nigeria. Thus, the discussions presented in two of the articles provide insights into its significance as a crucial approach to combating ECC. This review demonstrates the feasibility of reducing the prevalence of ECC in Nigerian children via the implementation of effective nutrition intervention programmes, and it suggests that nutritional guidance, treatment in dentistry, and oral health programmes should be encouraged.

Keywords: Early Childhood Caries (ECC), Nutrition, Diet, Malnutrition, Nigeria



Lily Osarumwense Ize-Iyamu

Perceptions of passive vaping from exposure to electronic cigarette devices – a United Kingdom perspective: A scoping review.

Background: The United Kingdom (UK) has recorded a significant increase in e-cigarette use in recent years, necessitating an in-depth examination through documented studies of what the UK population thinks about passive vaping trends in the context of exposure from e-cigarette devices and possibly identifying any knowledge gaps and limitations to address this critical public health issue. This scoping review aimed to provide an in-depth look at the current state of research on passive vaping from electronic cigarette devices in the UK.

Methods: A comprehensive search was conducted on CINAHL, Medline, and the Web of Science to identify primary studies for the review. Only studies published in English and conducted in the UK were considered eligible for inclusion. Thematic analysis was adopted in the synthesis to reveal patterns and connections within the articles that met the eligibility criteria, allowing for a more comprehensive understanding of the health risks associated with passive vaping.

Results: The findings of the eight studies included showed a complex landscape of public attitudes and behaviour surrounding passive vaping, with several key themes emerging. Perceptions of harm and risk associated with passive vaping vary, with some people underestimating the potential health consequences while others expressed concerns about e-cigarette aerosol exposure. Findings showed that youth and adolescent passive vaping is a major concern because it can influence smoking initiation and addiction in this vulnerable population. Also, regulations and policies influence perceptions and behaviours related to passive vaping, emphasizing the importance of evidence-based policies that protect public health. Smoking cessation and harm reduction efforts should consider the potential risks of passive vaping and incorporate harm-mitigation strategies.

Conclusion: The current state of research on passive vaping from electronic cigarette devices in the UK reveals a multifaceted landscape of public attitudes and behaviours, yielding several pivotal insights. First and foremost, people's perceptions of the harm and risk associated with passive vaping vary greatly, with some downplaying the potential health consequences while others express genuine concerns about e-cigarette aerosol exposure. Interventions to address the changing landscape of passive vaping in the UK and its potential impact on public health are imperative.

Keywords: Passive Vaping, Electronic Cigarette, Perception, United Kingdom



Md Mashfique Jamil

The impact of workplace violence on turnover intention of emergency nurses: A systematic review.

Background: Emergency nurses face an increased risk of experiencing workplace violence, which is well documented in the literature and directly impacts their likelihood of resigning. An increase in nursing turnover has the potential to lead to result in inadequate staffing, jeopardise the quality of patient care, and exacerbate overcrowding and wait times. The research question was, “Does workplace violence influence turnover intention in emergency nurses who have experienced violence in their workplace”?

Methods: The search strategy for the review complied with the PEO (Population, Exposure, and Outcome) framework and was reported using the PRISMA flowchart. Electronic databases MEDLINE, PsycINFO, CINAHL, and Google Scholar were systematically searched for literature studies published between 1995 and 2023. A predefined set of inclusion and exclusion criteria was used. Inclusion criteria included the population of interest (emergency nurses); exposure (workplace violence); outcome (turnover intention) and full-text articles available in English.

Results: A total of nine articles, comprising cross-sectional quantitative studies, met the inclusion criteria and identified that the emergency nurses who experienced workplace violence considered quitting their job or even leaving the profession, and they had low job satisfaction. The negative impact of violence on their well-being leads to emotions such as sadness and anger, feelings of helplessness and burnout, and physical symptoms like fatigue and exhaustion, which lead to low job satisfaction and the intention to resign from their positions.

Conclusion: Emergency nurses who have encountered workplace violence have expressed intentions of resigning from their position or even exiting the profession, indicating a low level of job satisfaction. The deleterious effects of violent encounters have resulted in adverse emotional reactions such as sadness and anger, as well as feelings of helplessness and burnout, and physical manifestations including fatigue and exhaustion. Further qualitative studies can explore more of the phenomenon.

Keywords: Workplace Violence, Emergency Nurses, Turnover Intention, Impact



Omololu Komolafe

A systematic review on the prevalence, risk factors and interventions related to physical abuse of older people in nursing homes.

Background: Physical Abuse of Older People (AOP) is a major concern to public health, as it threatens the well-being and safety of older adults living in nursing homes. This review considers physical AOP as intentional acts of violence, harm, or mistreatment that result in physical pain, injury, or impairment, such as verbal abuse, neglect, mistreatment, and force-feeding. However, all possible perpetrators of physical abuse were considered in this systematic review.

Methods: Two databases (EBSCOHost for CINAHL and MedLine) were searched. In addition, a web search through Google Scholar, as well as a grey literature search was also conducted. The search process was conducted between 12 February 2023 and 19 May 2023.

Results: Out of the 433 references retrieved by the search, the selection process arrived at 18 articles which provided answers to the three research questions that influenced the research. The prevalence of physical AOP in nursing homes was determined from seven articles as 34.08% (CI 11.50 to 48.56, range 5% to 62.7%). From nine articles, there are three major themes on risk factors of physical AOP in nursing homes, referring to risk factors related to perpetrators, nursing home settings, and other residents. Nine articles reported interventions on physical AOP, which have two major themes: intervention to reduce AOP at the nursing home and caregiver levels.

Conclusion: The study findings revealed the significance of physical AOP, emphasising that it is a significant problem to public health, especially nursing practice. The research established a high prevalence value, which is even more worrisome because the risk factors, such as problems with stress and coping and insufficient training of the nursing staff, are still imminent and contribute to the risk of physical abuse. To reduce physical AOP, the review established increased hiring of more qualified personnel as effective.

Keywords: Physical Abuse, Nursing Home, Systematic Review, Healthcare Workers



Varsha Korappath Madhu

A quantitative study on the attitudes of students towards cannabis consumption in the United Kingdom.

Background: With rates of use increasing over the past ten years, cannabis use among teenagers and young people in the United Kingdom (UK) may be regarded a cultural norm. Cannabis consumption can be a public health concern due to its potential to impact various aspects of individual health and societal well-being including health risk, addiction and dependence, impaired driving, cognitive and educational impact, mental health and public safety. With few studies undertaken in Europe, most research focuses on cannabis use among students in the United States of America and Canada. This quantitative study examined how college students in the UK felt about cannabis use and the related drug laws. Additionally, it investigated how common cannabis usage was among students and identified the number who might have cannabis use disorder (CUD), as determined by the Cannabis use Disorder Identification Test - Revised (CUDIT-R).

Method: The data was collected through an online questionnaire. There was a total of 82 respondents, majority of them were international students. The target population were students from Liverpool John Moores University (LJMU) and was shared to LJMU students through the Faculty of Health, who were the gatekeepers. The questionnaire also had CUDIT-R screening questions to determine CUD among the respondents.

Results: 70% of the respondents who had used cannabis in the previous six months had done so within the previous month. With 27% indicating possibility of CUD. Only 36% of respondents who used cannabis were international students, while 64% of respondents being UK based students. The number of students who supported the legalisation of cannabis in the UK has increased; currently, 55% of those who used cannabis in the past six months and 35% of those who did not support it. The impression of the effectiveness of the present drug policy in the UK is split, with 43% of international students believing it has been successful in decreasing the harm caused by drug use and 81% of UK-based students believing it has failed. Nearly half of students support the legalisation of recreational cannabis, reflecting a general trend in student attitudes toward cannabis use. It is also obvious that the young and vulnerable are not safeguarded from drug-related harms by the UK's present drug policy.

Conclusion: In short, it was understood that cannabis consumption is considerably prevalent in the LJMU students' community and a small percentage of them implied possibility of CUD. Major recommendations to control drug harm include comparative examination of legalisation support, customized educational initiatives, cross-cultural comparison and public health campaigns. To further understand cannabis use among student populations, as well as attitudes about the drug and related laws, more research is needed.

Keywords: Cannabis Consumption, LJMU Students, International Students, Cannabis Use Disorder (CUD), Cannabis Use Disorder Test- Revised (CUDIT-R)



Abiola Lawrence

A scoping review of men's experience of domestic violence and support provision in West Africa.

Background: Domestic violence against men is a significant but often overlooked issue in West Africa. This scoping review aimed to determine men's experience of domestic violence and support provision in West Africa.

Methods: A systematic search was conducted using multiple databases, including Google Scholar, EBSCO (Medline), PubMed, Science Direct, and Scopus. Relevant grey literature sources were also included. The search identified 1,293 studies, which were screened based on eligibility criteria. Ultimately, 18 studies were included.

Results: The scoping study revealed a dearth of research pertaining to the occurrence of domestic abuse against males in the region of West Africa. The study's results unveiled the prevalence of domestic violence against males in different regions, highlighting the presence of diverse patterns and manifestations influenced by cultural and socioeconomic factors. Within the population of male victims, obstacles to the act of disclosing their experiences and seeking assistance were identified as societal stigma, inadequate comprehension, and a dearth of available support resources. The impact of domestic abuse on men's well-being is evident, encompassing psychological distress, physical health challenges, and disrupted social interactions. Nevertheless, it was discovered that the provision of support services for male victims was insufficient in terms of accessibility and availability. The experiences of male victims were influenced by gender norms and societal expectations.

Conclusion: This scoping review provides a comprehensive overview of the existing literature on men's experience of domestic violence and support provision in West Africa. The findings highlight the need for further research, gender-inclusive policies, comprehensive support services, and multi-sectoral collaborations to address the gaps and challenges identified. By adopting a public health approach and integrating domestic violence screening and intervention within healthcare settings, the well-being and safety of male victims can be better addressed.

Keywords: Domestic Violence, Men, Support Provision, West Africa, Prevalence, Barriers



Adaobi Maduka

Experiences of workplace violence among professionals working in United Kingdom healthcare settings in the post-COVID-19 era.

Background: Workplace violence (WPV) is any form of emotional, physical, sexual or racial violence, including harassment, intimidation, or any other threatening behaviour in the work environment and can involve staff, visitors, clients or customers. An average of 8-38% of healthcare professionals have suffered physical violence sometime in their careers. This project aimed to explore the experiences of WPV among healthcare professionals in the post-COVID-19 era in the United Kingdom (UK) including their experiences, contributing factors and the impact of WPV on healthcare professionals.

Methods: The study was approved by the Research Ethics Committee at Liverpool John Moores University. The study adopted an exploratory quantitative approach using a descriptive cross-sectional online survey. The questionnaire included demographics, questions on experience, and witnesses of different forms of WPV, interventions and consequences for workplace violence since the COVID-19 pandemic. A convenience sampling method was used to recruit participants through email, and a total of 25 LJMU CPD Violence Prevention, Reduction, and Public Health module students working in the NHS UK participated in the study. The quantitative data was analysed in SPSS using descriptive and correlational statistics.

Results: Most participants felt WPV had increased since COVID-19 (56%). The WPVs most experienced were racial harassment (56%, $n = 22$) and verbal abuse (52%, $n = 20$). Verbal abuse (28%) and racial harassment (28%) were the most witnessed forms of WPV. The highest contributor to increased WPV in the post-COVID-19 era is long waiting hours. The major consequence of WPV is poor work performance and stress, while the most preferred preventive measures for WPV were security measures and an increased number of staff. Nurses and support staff (kitchen/maintenance, security) were the professional groups that have experienced more of the four forms of WPV since the COVID-19 pandemic. 80% of the participants had reporting procedures for WPV at their workplace. There was a significant relationship between healthcare professionals' experiences of sexual harassment and gender ($p = 0.01$) and age ($p = 0.03$). There was no significant association between the healthcare professionals' experience of WPV and their work hours.

Conclusion: Since the COVID-19 pandemic, WPV has increased in UK healthcare settings and adversely affected healthcare professionals through poor work performance and stress. Long waiting hours had been the major contributor to the increase in WPV. Policies should be made to protect nurses and support staff (kitchen/maintenance, security), and to reduce racial harassment and verbal abuse towards healthcare professionals. Burnout, which was a major stressor during COVID-19, has gradually reduced after the pandemic. Further research on the effectiveness of digital platforms and social media and the need for more standardized data collection methods will help develop a more comprehensive understanding of WPV in the post-COVID-19 era and inform evidence-based strategies to help make the workplace safer for both the healthcare professionals and service users.

Keywords: Workplace Violence, COVID-19, Pandemic, Healthcare Professionals



Nagwa Makki

Comparing air quality pre, during and post-FIFA World Cup 2022 in Doha, Qatar.

Background: Air pollution is a pressing global environmental issue that significantly affects public health and the quality of life. Mega events, such as the FIFA World Cup, can have substantial impacts on air quality due to increased industrial activities, transportation, and urban development. The aim of this study was to investigate the concentrations of PM₁₀ and PM_{2.5} during three different phases of the FIFA World Cup in Doha and Dammam, aiming to assess the temporal variations and implications for air quality management.

Methods: The study collected air quality data during the pre-event, during event, and post-event periods to analyse the pollution levels. Data analysis was performed using Microsoft Excel version 20.0.

Results: Results of the statistical comparison based on the comparison of PM₁₀ and PM_{2.5} concentrations in Doha and Dammam during three different phases-Pre, During, and Post FIFA World Cup shows that in Doha, the median PM₁₀ concentration increased from 48.39 $\mu\text{g}/\text{m}^3$ during the pre-phase to 53.681 $\mu\text{g}/\text{m}^3$ during the “during phase”, then significantly increased to 491.477 $\mu\text{g}/\text{m}^3$ in the post phase. Similarly, for PM_{2.5}, Doha showed a slight increase from 37.100 $\mu\text{g}/\text{m}^3$ in the “pre-phase” to 39.933 $\mu\text{g}/\text{m}^3$ during the “during phase”, followed by a significant increase to 1203.478 $\mu\text{g}/\text{m}^3$ in the “post phase”. Comparatively, in Dammam, PM₁₀ concentrations increasing from 57.673 $\mu\text{g}/\text{m}^3$ (Pre) to 65.069 $\mu\text{g}/\text{m}^3$ (During) and then decreasing to 57.755 $\mu\text{g}/\text{m}^3$ (Post). PM_{2.5} concentrations followed a slight increasing pattern, with values of 57.673 $\mu\text{g}/\text{m}^3$ (Pre), 65.069 $\mu\text{g}/\text{m}^3$ (During), and increase to 77.164 $\mu\text{g}/\text{m}^3$ (Post).

Conclusion: The study highlights the importance of robust air quality management policies and emphasizes the need for post-event cleanup efforts. These findings contribute to the understanding of air pollution dynamics during mega events and provide guidance for future air quality research and policy development.

Keywords: PM₁₀, PM_{2.5}, Air Pollution, FIFA World Cup, Doha, Dammam



Mashita Maysuro

Factors associated with antiretroviral therapy adherence among people living with HIV in Indonesia: A scoping review.

Background: HIV remains a significant global health concern, especially in low-middle income countries. Indonesia ranked fourth in HIV cases in Asia in 2020, reporting 456,453 HIV cases by the end of 2021. The Indonesian government has taken various actions to combat HIV, including establishing the AIDS Commission to develop national policies and providing universal access to Antiretroviral Treatment (ART). Despite the impressive progress in lowering the AIDS case fatality rate among people living with HIV, medication adherence remains a significant challenge. The low ART adherence rates in Indonesia could lead to increased new HIV infections, potentially losing lives and income. Improvement in ART medication treatment and services is crucial to address this situation. The study aims to map out literature on the factors associated with adherence among people living with HIV in Indonesia.

Methods: Four electronic databases were searched for studies published from 2004. Additionally, to ensure comprehensive inclusion of relevant publications that might have been overlooked during the initial literature search, both a grey literature and a manual search of the reference lists of the included studies were conducted. Subsequently, the screening procedure involved evaluating the titles and abstracts first, followed by a full-text screening. Studies were chosen based on predefined inclusion and exclusion criteria.

Results: The initial search recognized 134 studies, of which 16 were included in the scoping review, with the majority being observational studies with cross-sectional methodology. The study identified seventeen factors and further divided into four main themes, including: patient factors, social-economic factors, medication factors, and health structure factors.

Conclusion: Among the four themes emerged, patient and social factors were the most discussed in the included studies. Five factors appear to be the most critical: self-efficacy, self-esteem, family and spouse support, stigma, and type of ARV. Understanding and addressing these factors could lead to targeted interventions to improve ART adherence and ultimately enhance the health outcomes of people living with HIV (PLHIV) in Indonesia. Recommendations for improving adherence include involving PLHIV's family in the HIV management, providing transportation assistance, and clinicians actively providing essential support for PLHIV.

Keywords: Adherence, PLHIV, Antiretroviral Therapy, Indonesia



Simone McKenna

A qualitative study exploring the factors that enable students with adverse childhood experiences to achieve successful educational outcomes.

Background: Adverse Childhood Experiences (ACEs) describe the stressful and potentially traumatic events or situations that occur during childhood and/or adolescence, which threaten a child or young person's sense of safety, security and trust. These experiences can result in detrimental impacts on the mental, physical, emotional and social health of young people, and can continue into adulthood. Individuals with ACEs often experience poor outcomes in life, including poor academic achievement, unemployment, violence, poor work performance, contact with the criminal justice system and low mental well-being and life satisfaction. Despite a vast body of existing literature on ACEs and its relationship with these various outcomes, there is a gap in research, and particularly qualitative research that explores the role of protective factors for ACEs which enable individuals to overcome barriers and challenges and go on to achieve successful life outcomes. This study therefore aimed to address this gap by identifying and exploring those protective factors that enable individuals who have been impacted by ACEs to enter higher education and achieve successful educational outcomes.

Methods: A qualitative online questionnaire was utilised asking open-ended questions which aimed to obtain the perspectives of individuals who had managed to overcome barriers and challenges associated with ACEs to enter higher education and achieve successful educational outcomes.

Results: Findings indicate that strong peer relationships, professional support, resilience, aspiration and recreational activities/hobbies act as significant protective factors for individuals in overcoming challenges and barriers associated with ACEs. Personal resilience was a key finding, attributed to the individual's own personal strength and motivation, but clearly these factors overlap, and resilience would be facilitated by aspiration, peer relationships and other influences.

Conclusion: These protective factors help enable individuals with ACEs to enter higher education and achieve successful educational outcomes, with individuals expressing positive perspectives throughout their studies at university. They provide guidance and recommendations for interventions that would benefit a greater number of children who have adverse experiences. The perspectives of students with ACEs throughout university also appear to be generally positive, although it is thought that further emotional, academic and mental support from both health and social care and educational services is needed.

Keywords: Adverse Childhood Experiences, Protective Factors, Educational Outcomes, Higher Education, University, Students, Resilience



Fathima Nizamiya Mohamad Nizam

A survey of Liverpool John Moores University Public Health Students' views on the menopause.

Background: Menopause is one of the biologically determined conditions in females' lives. It is the responsibility of people who learn and work in the field of public health to initiate public health approaches to support females with menopausal issues. This study intended to assess the knowledge and attitudes of Public Health Institute (PHI) students at Liverpool John Moores University (LJMU) towards menopause.

Methods: An exploratory quantitative survey was carried out by using an online questionnaire administered via students' official university emails. The data was collected over a period of four weeks. A total of fifty-one participants completed the online survey.

Results: Most of the participants who were very much informed about menopause (87.5%) were international students. Among all who reported that they were taught menopause with a lot of explanation at school, were overseas students (87.5%). Of the respondents many of them have looked to health professionals (54.9%) as a reliable source for information on menopause, followed by family (45.1%) and others who discussed menopause around them (45.1%). Irregular period (72%) and fatigue (72%) were the most common physical symptoms that were known by the respondents while anxiety (60%), low mood (60%) and poor concentration (60%) were the frequently known psychological symptoms. Forty-seven percent of female students mentioned <50 years as the onset of women's menopause, whereas more males (53.8%) declared the same as 50+ years. Forty- nine percentage of the students declared that school was the best place to teach about menopause. Nearly equal proportions of males (53.8%) and females (52.6%) declared that they would be able to talk about menopause when it happened to them or a close friend/family member or their partners. Further, most of the respondents (90%) agreed the statements on attitudes "It is important to educate men about menopause across all ages" and "Setting up of public health menopausal clinics are essential to support menopausal women".

Conclusion: It is essential to include in-depth learning and training on menopause in the official curriculum of PHI to produce proactive future public health professionals and thereby support menopausal women.

Keywords: Menopause, Knowledge, Public Health Students, LJMU Students, Public Health Institute



Oluwakemi Momoh

Barriers and facilitators in the mitigation of infant mortality due to malnutrition in rural Africa: A qualitative systematic review.

Background: Despite adherence to guidelines, severe acute malnutrition in rural Africa leads to over 40% mortality among hospitalized infants. Although some intervention programs have been implemented to address infant mortality due to malnutrition in certain areas of rural Africa, most regions are still grappling with this issue as implementing interventions to address malnutrition in these settings is often hindered by various barriers and influenced by facilitators specific to rural Africa. This study aims to review qualitative research on barriers and facilitators to implementing interventions for reducing infant mortality due to malnutrition in rural Africa.

Methods: CINAHL and Medline were searched using search terms focused specifically on barriers and facilitators to the implementation of interventions aimed at reducing infant mortality due to malnutrition in rural Africa. Grey literature was also examined. Quality assessment was performed, and a directed content analysis approach was used for data extraction. The search yielded 209 records, resulting in 13 eligible papers after duplicates and inclusion/exclusion criteria were applied. Barriers and facilitators were extracted and mapped to Scheirer and Dearing's sustainability framework.

Results: The review identified three overarching themes: characteristics of the intervention, factors in the organizational setting, and factors in the community where the intervention is implemented. Factors such as adherence to protocols, securing sufficient funding, involving stakeholders, improving access and awareness, addressing maternal education and financial resources, utilizing data-supported interventions, enhancing capacity building, fostering community-based social support, and prioritizing nutrition emerged as important facilitators for successful implementation. However, challenges related to inadequate funding, insufficient stakeholder involvement, limited access, cultural practices, and low knowledge of interventions were identified as barriers.

Conclusion: This review holds significance for public health as it increases understanding of the factors that facilitate and hinder interventions aimed at reducing infant mortality caused by malnutrition in rural Africa. Given the elevated rates of infant mortality in these regions, understanding these facilitators and barriers aids in developing more impactful, sustainable interventions. This, in turn, can effectively decrease infant mortality rates and enhance the overall health and well-being of rural African communities.

Keywords: Barriers, Facilitators, Infant Mortality, Malnutrition, Interventions, Rural Africa



Ololade Mudashiru

A qualitative study exploring attitudes, opinions and concerns about vaping among students in Liverpool John Moores University.

Background: Vaping is a device designed for inhaling and exhaling vapor containing nicotine, flavours, and other chemicals into the lungs. Some researchers have suggested that vaping is considered a safer alternative for health and may assist in quitting smoking tobacco. Additionally, documented evidence indicates that environmental concerns and attitudes towards vaping influence vaping cessation and prevalence.

Methods: A qualitative research design was chosen to explore the complex and multidimensional phenomena related to vaping, allowing for a deeper understanding of participants' experiences. Purposive and snowball sampling strategies were utilized to select suitable participants. Semi-structured interviews conducted via Microsoft Teams facilitated data collection, which was subsequently analysed using thematic analysis to identify patterns and themes. Ethical considerations were paramount throughout the study, ensuring confidentiality and informed consent. While some limitations and potential biases exist, the study's transparency and credibility were maintained through careful sample selection and proper citations of relevant literature.

Results: Five key themes emerged, highlighting vaping as a source of pleasure, relaxation, and overall well-being for participants. Vaping was seen as a coping strategy for stress and anxiety, and many respondents perceived it as a safer alternative to tobacco consumption. Participants expressed difficulty in giving up vaping due to the addictive nature and satisfaction derived from the practice. These findings shed light on the complex perceptions and experiences of individuals regarding vaping and its impact on their lives.

Conclusion: This study contributes to the current body of knowledge on vaping and provides important insights for policymakers, public health professionals, and educators in formulating strategies to address vaping-related issues and promote healthier choices among young adults. This study will help in conducting further research to explore vapers' perceptions towards vaping activity and to investigate the impact and influence of vaping on health risks.

Keywords: Relaxation, Duration, Beneficial Support, Risk Factor, Reaction, Core effect



Maneesha Murali

The menstrual cup use among women in Kerala: knowledge, attitude and behaviour.

Background: Menstrual hygiene management is a critical aspect of women's health, particularly in low-resource settings. Kerala, known for its progressive social indicators, offers an intriguing context to explore the acceptance and adoption of menstrual cups. Despite this, their adoption and usage patterns remain understudied within Kerala, India, where traditional practises and taboos persist. Limited access to conventional menstrual hygiene products and environmental concerns emphasises the need for sustainable alternatives. This dissertation investigates the knowledge, attitudes, and behaviours regarding menstrual cup usage among women in Kerala, India, while proposing strategies for its wider acceptance.

Methods: A cross-sectional study was conducted among women in Kerala, India, using a structured online questionnaire. The questionnaire was developed based on validated scales and previous research, addressing knowledge, attitude, and behaviour related to menstrual cup usage. Ethical approval was obtained, and data was collected through an online questionnaire. The sample comprised 60 women of diverse age groups and backgrounds.

Results: Findings indicated relatively low awareness of menstrual cups, with only 42% of respondents having prior knowledge. However, among the aware, 78% held a positive attitude towards menstrual cups. Usage rates stood at 19.8%, hindered by concerns about insertion, removal techniques and limited familiarity. Interestingly, 65% of women expressed their willingness to try menstrual cups if provided with adequate information and guidance. Education emerged as a significant predictor of both knowledge and attitude, highlighting the role of awareness campaigns and educational initiatives, particularly in regions like Kerala where conservative norms prevail.

Conclusion: This study underscores the importance of comprehensive menstrual health education, aiming not solely at knowledge enhancement but also addressing practical concerns and misconceptions. Although the positive attitude towards menstrual cups is promising, interventions should prioritise augmenting practical skills through workshops and guided training. Moreover, the involvement of healthcare professionals in these initiatives could enhance credibility and endorse menstrual cups as secure and dependable alternatives. Sustainable menstrual hygiene practises, exemplified by menstrual cups, possess the potential to empower women, foster environmental sustainability, and substantially enhance menstrual health. This is particularly pertinent in regions like Kerala, where social awareness is notably high.

Keywords: Menstrual Hygiene Management, Sustainable Menstrual Products, Menstrual Cups



Nahla Nahla

A quantitative study exploring knowledge of menopause and hormone replacement therapy among Liverpool John Moores University Kerala students.

Background: Menopause is a natural phase in a woman's life, yet its awareness and understanding among diverse populations remains a critical concern. This study focused on assessing menopause awareness, symptom comprehension, and hormone replacement therapy (HRT) understanding among students from Kerala studying at Liverpool John Moores University (LJMU). The aim was to unravel the depth of knowledge and contribute to better health literacy.

Methods: A cross-sectional online survey was conducted, gathering responses from 103 participants. The survey was designed to explore participants' demographics, their understanding of menopause and HRT, recognition of symptoms, and awareness of health risks associated with menopause. The data collected were analysed using descriptive statistics, highlighting the diversity of demographics and the range of knowledge levels.

Results: The study revealed a foundational understanding of menopause, with participants recognizing hormonal changes and cessation of menstruation. However, variations emerged in symptom recognition, with night sweats acknowledged prominently, while others, like decreased sexual interest, were less acknowledged. Awareness of health risks varied, with depression and anxiety recognized, but awareness of osteoporosis and cardiovascular diseases remained moderate. HRT comprehension displayed nuanced knowledge, with uterine cancer recognized as a potential side effect, while cardiovascular disease awareness was relatively lower.

Conclusions: The research underscores the need for tailored education initiatives that address gaps in knowledge and target specific demographic segments. While the study's limitations, including its sample size and geographic scope, are acknowledged, the findings provide a foundation for future research endeavours. Ultimately, this study contributes to the broader goal of enhancing health literacy and well-being among individuals navigating the complexities of menopause.

Keywords: Menopause Awareness, Menopause Symptom Recognition, Health Risks, Hormone Replacement Therapy, Education Initiatives



Mwaka Nanyangwe

The prevalence and impacts of adverse childhood experiences in women in Sub-Saharan Africa: A scoping review.

Background: Adverse Childhood Experiences (ACEs) are a worldwide problem. Child maltreatment includes sexual, physical, and emotional abuse and neglect. Growing up in a home with substance use, parental mental illness, or divorce affects physical, mental, and social health. ACEs are common in high-income countries (HICs) and low and middle-income countries (LMICs) but are mostly studied in HICs. Little evidence exists on ACEs in Sub-Saharan Africa (SSA). This review aimed to explore ACEs' prevalence and impact on women in SSA, as women often experience more adversity.

Methods: A scoping review was conducted to synthesise the existing knowledge on the prevalence and impact of ACEs on women in SSA. The scoping review methodology (PRISMA) was implemented following a five-step framework. Three databases were searched in abstracts and titles – ERIC, Medline, and Criminal Justice Abstracts. The analysis involved both numerical and thematic syntheses in line with the framework.

Results: Twelve articles were reviewed. Prevalence for emotional abuse ranged from (2.04%-72.5%), sexual abuse from (2.4%-33%), witnessing intimate partner violence from (0.56%-35.9%), physical abuse from (1.1%-39.4%), collective violence (50.49%), lifetime interpersonal violence at (60.3%), child marriage from (16.5%-81.7%), and death/divorce of a parent at (0.57%). The review found an association between ACEs and interpersonal violence, and that women exposed to interpersonal violence as children were at risk of intimate partner violence (IPV). Women with ACEs were more likely to be victims and perpetrators of violence in adulthood, continuing the cycle of violence. ACEs also increased the risk of HIV infection and were linked to mental health issues like stress and postpartum depression. Child marriage was associated with fertility and reproductive outcomes: women married as children had lower odds of early childbirth than those not married as children. ACEs were linked to higher rates of perinatal substance use, likely due to psychological distress caused by ACEs.

Conclusion: This dissertation sheds light on ACEs' prevalence and multifaceted impact on women in SSA. The results highlight the urgent need for a holistic approach to address ACEs, integrating mental health services, IPV prevention, HIV prevention and treatment, reproductive healthcare, intergenerational support, and substance abuse interventions. Effective policies and programmes in these areas can improve women's well-being and quality of life in SSA, breaking the cycle of ACEs and promoting healthier futures for individuals and communities alike.

Keywords: Adverse Childhood Experiences, Child Abuse, Child Maltreatment, Women, Sub-Saharan Africa, Prevalence



Lee Newcombe

A qualitative insight into the perceptions of young males aged 18-25 regarding risky gambling and alcohol consumption in the United Kingdom.

Background: Gambling and alcohol have been recognised as two popular forms of leisure activity within the United Kingdom (UK), particularly amongst young males. Alcohol has reportedly had significant impact on young males gambling behaviour regarding impulsiveness due to intoxication. Both gambling and alcohol are recognised as public health issues, however, relatively little is known about how gambling and alcohol consumption may interact to increase risk. This study explores the perceptions of young males aged 18-25 on alcohol consumption and the impact it has on their gambling behaviour.

Methods: This study design implemented a qualitative approach to gain rich and in-depth data about perceptions and behaviour regarding alcohol and gambling. Using semi-structured interviews, ten males aged 18-25 from the UK were interviewed for roughly 30 to 45 minutes. Participants were asked questions on 4 topics, which derived from the literature: 1) Perception of behaviour, 2) Perception of risk, 3) Place and Setting and finally, 4) Government Legislation and Policy.

Results: After conducting a thorough thematic analysis six overall themes derived from each interview: 1) Alcohol has a significant impact on gambling behaviour and gambling has a significant impact on alcohol consumption. 2) Social influence has a significant impact on both behaviours. 3) Online gambling applications have increased alcohol and gambling consumption. 4) Calls to increase government harm reduction and prevention policy. 5) Regulation deemed necessary regarding gambling advertisement. 6) Experiences of both behaviours heavily influence perception.

Conclusions: This research study provides evidence that culture and social norms regarding gambling and alcohol consumption increases risky consumption within young males aged 18-25. Gambling is embedded in masculine culture, particularly those who enjoy sports. Young males believe alcohol increases risky gambling behaviour due to intoxication creating a sense of impulsiveness, lack of control and false sense of confidence. Evidence provided suggest that policy should aim to increase regulation and awareness to improve health and prevent further harm.

Keywords: Gambling, Alcohol, Public Health, Qualitative, Young Males



Chinenye Nwakeze

The prevalence of amenorrhea in Nigeria and influencing factors.

Background: This study investigated the prevalence of amenorrhea among Nigerian women and the factors influencing them. Particular attention was given to the women who had no period for intervals of six or twelve months. The study was designed to examine the role of socioeconomic and cultural factors in determining the interval of secondary amenorrhea among Nigerian women involved in the survey.

Methods: Secondary data was used for the analysis. The data came from the 2021 UNICEF-MICS survey across the six geopolitical zones of Nigeria. The data was carefully filtered and sorted to suit the researcher's interest. A multinomial logistics regression model was used for the analysis.

Results: The study found that there was a 14.3% prevalence of six months of amenorrhea and 5.4% for twelve months of amenorrhea. Again, the majority (90.4%) of women in the study had not experienced amenorrhea due to pregnancy, while 90.2% did not experience it due to contraception/sterilization. Based on detailed demographic information, the study revealed that many of the women were between the age of 15-19 years. From the binary logistic regression, the study determined the socioeconomic and cultural variables influencing the prevalence of amenorrhea, the variables with significant relationships include geopolitical zone, education, area, age, ethnicity, and wealth index.

Conclusion: The most prevalent type of amenorrhea was secondary. During the design of policy interventions, women's sociocultural information like age, ethnicity, tribal heritage, area of residence, and education attainment should be considered to ensure effective targeting and intervention should be designed with the user to meet their specific needs for sustainability.

Keywords: Prevalence, Amenorrhea, Women, Nigeria



Julie O'Brien

Exploration of interventions in county lines and the challenges that professionals face for effective delivery, within the city of Liverpool: A qualitative study.



Background: The phenomenon of children being exploited by county lines has been widely researched in relation to the grooming process, the push and pull factors that lead a child into county lines and the significant physical and mental health impact that the child suffers as a result. There has been little academic research, however, in the interventions that professionals deliver and the challenges and the barriers that they face in doing so. This study focuses on the Liverpool area, which is now after London, the top exporter of drugs via county lines.

Methods: A qualitative approach was utilised to conduct the research, underpinned by grounded theory. A total of seven participants were recruited via purposive sampling. Semi-structured interviews were conducted. Interviews were recorded and then transcribed. Thematic analysis was then implemented to analyse the results.

Results: The findings yielded six themes and several sub-themes. The challenges to successful delivery of interventions were identified as: contextual safeguarding and a no grass culture within Liverpool. Schooling and education were also identified as a barrier, particularly due to exclusion and the provision of alternative placements. Thirdly, multi-agency working and information sharing also impacted on delivery of interventions. The understanding of terminology in relation to county lines and its tendency to criminalise the child was also identified. The push and pull factors of county lines emerged as a theme, with acknowledgement that most children who were exploited have suffered adverse childhood experiences. Strong drivers from poverty, familial criminality and children with additional educational needs were identified. Finally, the lack of funding and resources for agencies who are working with children involved in county lines was also a strong theme.

Conclusion: County lines is child abuse and a complex public health issue. Professionals are faced with strong challenges to deliver effective interventions to children who are involved in this activity. Changes in traditional child protection methods should be considered, alongside an agreed national definition of child criminal exploitation, which does not criminalise the child. More funding and resourcing for communities and professionals are needed. Tackling county lines should be a priority for the United Kingdom Government.

Keywords: County lines, Child Criminal Exploitation, Safeguarding Children, Interventions, Barriers.



Temilayo Obayemi

Factors associated with uptake and offer of Hepatitis B vaccines among people who use drugs: A scoping review.

Background: Hepatitis B vaccination uptake among high-risk populations, especially people who use drugs, is crucial for preventing and controlling hepatitis B virus (HBV) infection. However, there are significant barriers to vaccine acceptance and accessibility within this population, leading to low vaccine coverage rates and increased vulnerability to HBV infection. Therefore, this scoping review aimed to explore the factors influencing hepatitis B vaccination uptake among high-risk populations, with a specific focus on people who use drugs. The objectives were to identify the key barriers and facilitators of vaccine uptake, examine the strategies employed to improve vaccine acceptance and accessibility and highlight any gaps in the existing research.

Methods: A comprehensive search of electronic databases, including PubMed, Embase, and Scopus, was conducted to identify relevant studies published between 2002 and 2022. The search strategy utilized a combination of keywords related to people who use drugs, hepatitis B, vaccination, and related concepts. A total of 92 articles were initially identified, and after the screening process, 9 studies were included in the scoping review. The selected studies encompassed a range of research designs, including cross-sectional surveys, qualitative interviews, and intervention studies, conducted in diverse geographical locations.

Results: The scoping review identified several factors hindering hepatitis B vaccine uptake among people who use drugs. Access barriers, including limited access to healthcare facilities, conflicts in scheduling vaccine appointments, and language and racism factors, emerged as common themes. Affordability barriers, such as financial limitations and high vaccine costs, were also prominent. Acceptance barriers, including fear, stigma, and discrimination, significantly influenced vaccine uptake. Limited awareness and knowledge about hepatitis B and its prevention were identified as important barriers. Activation barriers, related to fear-based advertising and lack of convincing messages, also affected vaccine acceptance.

Conclusion: The findings of this scoping review highlight the need for targeted interventions and strategies to improve hepatitis B vaccine acceptance and accessibility among high-risk populations, particularly people who use drugs. Integration of vaccination services within existing healthcare systems, tailored interventions that address the specific needs of these populations, and efforts to improve access, affordability, awareness, and acceptance of the vaccine are crucial. Strengthening healthcare provider engagement, enhancing provider education and communication skills, and addressing socioeconomic and logistical barriers are recommended. Further research is needed to validate these findings and evaluate the effectiveness of specific interventions in diverse populations.

Keywords: Hepatitis B, Vaccine Uptake, Injection Drug Users, High-risk Populations, Barriers, Interventions.



Isioma Obianwuna

Knowledge and attitude of female bankers toward the practice of exclusive breastfeeding in Ikeja local government area of Lagos state, Nigeria: a quantitative study

Background: Exclusive breastfeeding (EBF) is crucial for optimal infant health, but professional commitments, particularly in sectors like banking, can impact a mother's decision to practice EBF. This study aimed to assess the knowledge, attitudes, and practices of female bankers in Ikeja, Lagos State, Nigeria, regarding EBF, focusing on the influence of workplace support on their decisions.

Methods: A structured questionnaire was administered online to female bankers in Ikeja, Lagos State, using a cross-sectional approach. Data analysis was conducted to evaluate their knowledge, attitudes, and practices related to EBF and the role of workplace support in their decisions. The sample consisted of 60 respondents aged between 21 and 50.

Results: Using descriptive statistics and Pearson's Chi-square test on SPSS, this study found that all respondents were aware of EBF, with 88.3% correctly identifying its definition. However, only 23.3% practiced EBF for up to six months, with 76.7% citing work schedules as a barrier. Attitudes towards EBF were generally positive, with 60% holding favourable views, but 40% had unfavourable views. A significant lack of workplace support was identified, with only 18.3% of respondents reporting provisions like designated breastfeeding areas or nursing breaks. The study also highlighted the influence of sociodemographic factors, such as age, religion, and marital status, on EBF practices.

Conclusion: The findings underscore the importance of understanding the knowledge, attitudes, and practices of female bankers in Lagos regarding EBF. Workplace support and sociodemographic factors are evident in shaping these practices. There is a pressing need for targeted interventions to improve workplace policies and practices, address misconceptions, and foster positive attitudes towards EBF.

Keywords: Exclusive Breastfeeding, Female Bankers, Knowledge, Attitude, Workplace Support, Sociodemographic Factors, Nigeria.



Rosemary Ofori

The experiences of asylum seekers in the United Kingdom asylum system and the impacts on their health and wellbeing: A scoping review.

Background: International law, established following World War II, grants individuals the right to seek asylum. This led to the concept of asylum integration, which enables asylum seekers to become part of the host country, either as a group or as an individual. Based on this study, this study sought to examine the barriers to asylum seekers' community integration in the United Kingdom and its effect on their quality of life and living standards which ultimately affects their health and wellbeing.

Methods: The study adopted a scoping review of existing literature thus only secondary data were used. Databases used included PubMed, JSTOR, Scopus, ResearchGate, Web of Science and Google Scholar. Ten articles were included. The studies identified were analysed using thematic analysis.

Results: The study revealed that the barriers to integration faced by asylum seekers in the United Kingdom were system challenges, communication challenges and financial challenges and these factors play a great role in impacting on their health and wellbeing. The barriers included a lack of political will, a lack of policies and inadequate housing conditions, language differences and the lack of funding. The study also revealed that the identified barriers affected the quality of life and living standard of asylum seekers in the United Kingdom. The study found that there is physical, psychological and social effect. It included physical illness, deportation, anxiety and stress, stigmatisation, discrimination, poor immigration experiences and ineffective support for mental and health needs.

Conclusion: The study found that there are barriers in the UK asylum system that inhibits the smooth integration of asylum seekers and therefore, recommends that the United Kingdom Home Office work with international agencies like the European Union and United Nations to give financial support. This will help integrate more asylum seekers into the United Kingdom system thus reducing the long waiting months which cause anxiety. It is deemed that a comprehensive understanding of these challenges is paramount in shaping policy that could affect the quality of providing an equitable healthcare service.

Keywords: Asylum Seekers, Anxiety and Stress, Integration, Quality of Life, Standard of Living, Health and Wellbeing



Zainab Olakitan Ogundeji

A survey study comparison of the knowledge, attitude, and smoking behaviour between Nigeria and the United Kingdom.

Background: Smoking poses a critical global public health challenge, resulting in millions of annual deaths and imposing substantial burdens on individuals, societies, and healthcare systems. The World Health Organization (WHO) underscores tobacco's harmful impact, attributing approximately 7 million yearly deaths to direct tobacco use and an additional 1.2 million deaths to exposure to tobacco smoke. To combat this crisis, the WHO Framework Convention on Tobacco Control (FCTC) advocates for a 100% tobacco-free environment to mitigate second-hand smoke consequences and aims to reduce global tobacco-related deaths by around 13%. The United Kingdom (UK) is profoundly affected by tobacco smoking, witnessing high death rates, financial strain, and health issues linked to smoking. In response, the UK has set an ambitious target to achieve a smoke-free status by 2030, reinforced by comprehensive strategies implemented by the National Health Service (NHS) to support smokers in quitting. The current study addresses a research gap by conducting a comprehensive comparative analysis of smoking behaviour between Nigeria, a developing nation, and the UK, a developed nation. Employing a comparative cross-sectional design, the research investigates and compares smoking behaviour, knowledge, and attitudes among populations in both countries.

Methods: Comparing Nigerian and UK populations aged 18+, the study employed an online English questionnaire, collecting quantitative data. 98 participants took part, with 67 from Nigeria and 31 from the UK. Primarily aged 30-45, highly educated respondents showed awareness of smoking's health risks. Chi-Square tests linked smoking knowledge and residence.

Results: Data from 98 valid participants revealed substantial support for stricter tobacco control measures in both countries. Participants favour higher cigarette taxes and smoke-free public spaces, signalling a positive shift in recognizing smoking's health hazards. However, dissenting opinions, notably in Nigeria, underscore the need to address cultural influences on attitudes toward tobacco control policies.

Conclusion: The study highlights public views on tobacco control, indicating global support for stringent measures while noting cultural nuances. Nigeria exhibits contrasting perspectives, emphasizing cultural considerations in policymaking. Tailored, culturally sensitive interventions are vital to address diverse attitudes toward tobacco.

Keywords: Smoking, Tobacco Smoking, Tobacco Control Interventions, Smoke-free Environment, Public Health Outcomes



Motunrayo Oguntoyinbo

Effect of household air pollution on children's health in low and middle-income countries: A systematic review.

Background: The study focuses on investigating the profound impact of household air pollution (HAP) on the health of children aged 0 to 5 years in low- and middle-income countries (LMICs) through a comprehensive systematic review.

Methods: A total of 1560 studies were identified through database searches, with 1120 duplicates removed in the initial screening phase. Subsequent assessment led to the evaluation of 440 studies, of which 56 advanced to the next phase. Ultimately, 20 studies were included in the systematic review, adhering to PRISMA guidelines for study selection.

Results: These selected studies collectively illuminate critical insights into the complex relationship between household air pollution and childhood health outcomes. Key findings reveal that prolonged exposure to household pollutants, including solid fuel, biomass, and particulate matter (PM_{2.5}), is closely associated with adverse health effects in children. The risks extend to a spectrum of health issues, from acute respiratory infections and bronchitis to impaired lung function, childhood asthma, and increased mortality rates. Notably, the increased levels of PM_{2.5} are directly correlated with heightened risks of upper respiratory infections and bronchitis/bronchiolitis in children.

Conclusions: The research underscores the urgency of addressing this issue, particularly in LMICs where vulnerable populations are disproportionately affected. The study's conclusions advocate for immediate action through a combination of interventions. These recommendations encompass transitioning to cleaner cooking technologies, improving household ventilation, implementing targeted health education campaigns, strengthening public health policies, and promoting multi-sectoral collaborations. The evidence highlights the potential to mitigate the adverse effects of household air pollution on children's health and underscores the critical need for proactive measures. By leveraging these findings to inform policy, raise awareness, and catalyse innovation, stakeholders can work towards ensuring a healthier future for the youngest members of society in LMICs.

Keywords: Household Air Pollution, Children, Health Outcomes, Low- and Middle-income Countries, Systematic Review



Dorcas Okiti

Knowledge, attitude, and practice concerning cervical cancer screening among female university students in Nigeria: A systematic review.

Background: Cervical cancer is a significant public health concern, and understanding the knowledge, attitudes, and practices related to cervical cancer screening among female university students is crucial for effective prevention and control efforts. This systematic review aimed to synthesize the available evidence on the knowledge, attitudes, and practices concerning cervical cancer screening among female university students in Educational Institutions in Nigeria.

Methods: A comprehensive search was conducted on PubMed, Cochrane Library, EMBASE, Web of Science, and African Journals Online (AJOL) to identify relevant studies. The search yielded a total of 1,182 studies. After applying inclusion and exclusion criteria, eight studies involving a total of 3,300 female students met the final criteria for synthesis. The critical appraisal skilled Appraisal [CASP] checklist was used for quality assessment, and a narrative synthesis approach was adopted for data analysis and synthesis.

Results: The study identified knowledge deficiencies pertaining to cervical cancer and screening techniques among female university students in Nigeria. Cultural beliefs, fears, and perceived barriers exerted an influence on individuals' attitudes towards screening. The prevalence of screening was observed to be low within the examined population. Several barriers were identified, including a lack of awareness, financial constraints, and limited access to screening services. The facilitators encompassed various components, namely social support, recommendations from healthcare providers, and educational campaigns.

Conclusion: This systematic review highlighted the necessity of implementing focused educational interventions aimed at enhancing knowledge, fostering positive attitudes, and improving screening practices among female university students in Nigeria. There is a need for the implementation of strategies aimed at overcoming barriers, enhancing accessibility to screening services, and fortifying the healthcare infrastructure. The results underscore the significance of policy assistance, continuous monitoring, and evaluation in effectively tackling cervical cancer screening within this demographic.

Keywords: Knowledge, Attitudes, Practices, Cervical Cancer Screening, Female University Students.



Stellamaris Okonkwo

The effects of recreational activities on the wellbeing of older adults in residential care homes: A systematic qualitative review.

Background: This thesis used a systematic literature review to explore the impact of recreational activities on the well-being of older adults in old age homes. The well-being of older adults is of extreme importance, especially in residential care settings where individuals may face challenges related to social isolation, physical limitation and cognitive decline. Literature has reported recreational activities as a promising avenue that promotes well-being and quality of life among older adults.

Methods: This research involved a systematic literature review to identify relevant studies published between 2013 to 2023. Nineteen studies were selected for the inclusion review, focusing on recreational interventions and their impact on the well-being of older adults in old age homes. These studies were analysed using thematic analysis to synthesise findings from these studies.

Results: The thematic analyses revealed consistent evidence of the positive effect of purposeful and tailored recreational interventions on the well-being of older adults in old age homes. Recreational activities investigated in this study were intergenerational theatre workshops, music engagement programmes, mental well-being and social interaction activities and tai chi. These activities improved physical health, mental well-being, social connectedness, and emotional state among older adults.

Conclusion: The findings of this research support the significance of recreational activities in promoting the well-being of older adults in old age homes. The positive impact of recreational interventions on various aspects of well-being underscores the need for greater attention and resources allocated to such programs in care home settings.

Keywords: Recreational Activities, Wellbeing, Older Adults, Residential Care Homes, Systematic Review



Ayobami Olaboopo

Solid waste management, air quality, and sustainability in Nigeria: A scoping review.

Background: A major global health risk, environmental air pollution results in significant death and morbidity from respiratory, cardiovascular, and other illnesses. In low-and middle-income nations like Nigeria, environmental difficulties brought on by inappropriate solid waste disposal are now big problems. This is due to the enormous increases in solid waste creation that have followed population growth and urbanisation. This dissertation thus aimed to discover from the existing literature how solid waste management relates to air quality and sustainability.

Methods: A scoping review of literature published between 2015 and 2023 was undertaken in July 2023 using three databases. This was to accommodate different types of quality research needed to achieve the aim of the dissertation. Both manual and appropriate literature searches were done. Screening entailed examining the title and abstract before full-text screening against predetermined inclusion and exclusion criteria. The PRISMA-SCr was used to extract data, which was subsequently charted and categorised according to themes before synthesis.

Results: Out of 1123 studies identified, twenty made up the scoping review. Fourteen studies focused on the challenges of managing Municipal Solid waste; three studies assessed the generation; two studies explored its effects on humans and the environment; and one addressed solution. Government-led initiatives in air quality monitoring are scarce, which makes it difficult to effectively control and regulate air quality and subsequent health issues. The review identified that waste in Nigeria thus includes biodegradable and non-biodegradable waste. The problem of municipal solid waste stems from inadequate funding, the absence of resources and equipment, and poor implementation of policies.

Conclusion: It is impossible to overstate the connection between a clean environment and good health. It is essential to encourage sustainable initiatives that can increase data availability over time, strong communication between various government sectors, and widespread collaboration. Unquestionably, good solid waste management will support a clean environment. By improving government action, appropriate laws, and public knowledge, the region can prioritise the preservation of public health and air quality sustainability. Further studies then needed to address other areas to determine the effects of the different wastes and their impact on public health.

Keywords: Municipal Solid Waste Management, Air Pollution, Sustainability, Public Health, Nigeria



Paulina Adedotun Oladipo

Experience of workplace violence among healthcare staff in Nigeria: A quantitative systematic review.

Background: Workplace violence has significant consequences for both healthcare employees and organizations. The impacts can be physical, psychological, and financial and can affect the wellbeing of employees and the productivity and reputation of organizations. This systematic review aimed to determine the experience of workplace violence among healthcare staff in Nigeria using a quantitative approach.

Methods: A comprehensive search was conducted across multiple databases, including Medline, CINAHL, PubMed, Scopus, African Journal Online, Sage Journals, and ProQuest. Critical Appraisal Skilled Programme (CASP) Checklist was used in assessing the quality of studies.

Results: A total of 1,555 studies were initially identified, and after applying inclusion and exclusion criteria, 13 studies were included for synthesis. These studies involved a total of 769 healthcare workers in Nigeria. The findings revealed a high prevalence of workplace violence among healthcare staff in Nigeria, including physical, verbal, and psychological violence. The most common perpetrators were patients, their relatives, and colleagues. Workplace violence had significant negative impacts on the mental health and wellbeing of healthcare workers, leading to emotional distress, burnout, and decreased job satisfaction. It also affected job performance and productivity, hindering the provision of quality healthcare services. Organizational factors, such as inadequate staffing, poor resources, ineffective communication, and hierarchical structures, were identified as contributing to the occurrence of workplace violence.

Conclusion: This review emphasizes the importance of developing and implementing policies that foster a culture of respect and non-violence, providing training to equip healthcare workers with necessary skills, fostering multi-stakeholder collaboration, and conducting further research to deepen understanding and inform evidence-based interventions. It could be seen that the detrimental effects of workplace violence on the mental health and well-being of healthcare workers, as well as its impact on job performance and productivity. The review also emphasizes the role of organizational and societal factors in perpetuating workplace violence. Addressing workplace violence is crucial for creating a safe and supportive work environment, promoting the well-being of healthcare staff, and improving the overall quality of healthcare delivery in Nigeria.

Keywords: Workplace Violence, Healthcare Staff, Nigeria, Prevalence, Impact



Mopelola Olaniyan

Determinants of early breastfeeding initiation among women in Nigeria using the 2021 multiple indicator cluster survey.

Background: Breastfeeding initiation is important in reducing child mortality. It also serves as a predictor for prolonged breastfeeding. The World Health Organisation recommends that early initiation should be within the first hour of birth. This study aimed to assess the factors that influence the early initiation of breastfeeding.

Methods: Data was obtained from the 2021 Multiple Indicator Cluster Survey (MICS). Binary logistic regression was used to determine the relationship between the dependent and independent variables. Also, chi-square test for trend was run to show the linear relationship between the ordinal variables and the dependent variables.

Results: 51.2% of male children were breastfed earlier than the female children. Regarding place of delivery, mums who gave birth at home (52.9%) initiated breastfeeding earlier than mums who gave birth in a facility. According to the binary logistic regression, mums who live in rural areas were more likely to initiate breastfeeding on time (OR+1.326, 95% CI 1.101-1.593). The trend test revealed a linear relationship between wealth index quintile, education, and breastfeeding within 24hrs. Other factors related to early EIBF includes the size of the baby, being a traditionalist and wealthier household index. Mothers in the South-East and South-South geopolitical zones had less likelihood of EIBF when compared to other geopolitical zones.

Conclusion: Breastfeeding initiation is quite low in many regions of Nigeria. Several characteristics were shown to be strongly linked with breastfeeding. Therefore, policies that encourage Early Initiation of Breastfeeding and Exclusive Breastfeeding should be implemented.

Keywords: Breastfeeding Initiation, Binary Logistic Regression, Multiple Indicator Cluster Survey.



Temitope Olorunfemi

Experiences of workplace conflicts among female nurses and doctors in Nigeria: A qualitative systematic review.

Background: Workplace conflicts among healthcare professionals have been identified as a significant issue affecting job satisfaction, mental health, and retention. However, limited research has been conducted specifically on the experiences of female nurses and doctors in Nigeria. Understanding these experiences is critical for developing targeted interventions and policies to promote a supportive work environment. This study aimed to systematically review and synthesize the available literature on workplace conflicts experienced by female nurses and doctors in Nigeria.

Methods: An exhaustive search was conducted across multiple databases, including PubMed, Web of Science, SCOPUS, CINAHL, and EMBASE. The search identified 2,041 studies, of which seven met the inclusion criteria. The Critical Appraisal Skilled Programme (CASP) checklist was utilized to assess the quality of the included studies. A thematic review approach was employed for data synthesis.

Results: The analysis included a total of 479 nurses and doctors across the included studies. The findings revealed, based on the experience and type of work conflict—gender discrimination, power imbalances, Interprofessional relationships, transgenerational strain, and resource allocation were mostly reported. These conflicts negatively affected job satisfaction, mental health, and retention rates among female healthcare professionals in Nigeria.

Conclusion: Workplace conflicts pose significant challenges for Nigerian female nurses and doctors, affecting their well-being and professional experiences. To address these conflicts, policies that promote gender equality, effective conflict resolution strategies, and a supportive work environment must be developed and implemented. More research is needed to investigate contextual factors, evaluate interventions, and examine long-term consequences to inform evidence-based practices.

Keywords: Workplace Conflicts, Female Nurses, Doctors, Nigeria



Rebekah Oluokun

The perceived impact of polycystic ovarian syndrome on the wellbeing of women in Nigeria.

Background: Polycystic ovarian syndrome (PCOS) is a common chronic disorder affecting women of childbearing age. Though it has no known cause, for now, it has been linked with having genetic properties in most women with it. The effects of its symptoms on the day-to-day lives of women are still poorly understood, especially among Nigerian women and black women generally. This lack of understanding in turn affects the care of women with PCOS, which can result in a poor quality of life that could be avoided. The aim of this study was to explore the impact of PCOS on the well-being of Nigerian women and to inform policy and practice changes targeted towards improving the quality of life of Nigerian women with PCOS.

Methods: This study employed an exploratory descriptive qualitative research design. Ten women recruited from a Nigerian women's PCOS support group were interviewed online via MS Teams. This method provided extensive insight into the participants' perspectives, reflections, and experiences. The data was analysed manually through the generation of themes using Braun and Clarke's thematic analysis approach.

Results: Participants described various PCOS symptoms, including menstrual irregularities, hirsutism, weight issues, and infertility. Emerging themes included views on the impact of PCOS on the physical health and wellbeing of women and the types of care and interventions needed for the improved management of PCOS. The idea of support groups and education for women with PCOS was recommended by the participants, who also stressed the importance of educating the public and healthcare professionals. The study found that the experiences and perceptions of women with PCOS are very similar across different countries, though with some differing environmental and cultural factors.

Conclusion: Future research involving women of lower socioeconomic class and females between the ages of 13-18 in Nigeria would allow for more representative research in exploring the impacts of PCOS on Nigerian females.

Keywords: Polycystic Ovarian Syndrome (PCOS), Hirsutism, Infertility, Weight, Support



Franca Omokhomion

Prevalence of vascular dementia and alcohol associated risk factors among adults in Sub-Saharan Africa.

Background: Vascular dementia, a devastating cognitive illness, has become a growing global problem. Understanding the prevalence of vascular dementia and its association with alcohol-related risk factors is critical for effective public health efforts, particularly in Sub-Saharan Africa, where healthcare difficulties are exacerbated by an ageing population and changing lifestyle patterns. This dissertation presents a comprehensive systematic investigation that tries to shed light on the complex relationship between the prevalence of vascular dementia and alcohol-related hazards among individuals in Sub-Saharan Africa.

Methods: To achieve this, the study focused on specific objectives: firstly, assessing the prevalence of vascular dementia among adults in the region; secondly, identifying the demographic and clinical features linked to the condition; and finally, examining the correlation between alcohol consumption and the risk of developing vascular dementia in Sub-Saharan Africa, while considering consumption patterns and related factors.

Results: A total of 1,253 studies were located through database searches and references (n=28), yielding 1,281 entries. After removing 561 duplicates, 720 records were reviewed. 334 with erroneous titles and 188 with useless abstracts were removed. From the remaining 198 reports, 17 were removed for being done outside of Sub-Saharan Africa, 14 for not being in English, and 113 for not covering the alcohol and vascular dementia theme. In addition, 15 review articles were removed, and 11 reports were removed for other reasons. Finally, the review included eight papers (Besigye et al., 2016; Ochayi and Thacher, 2006; Guerchet et al., 2010; Raquel et al., 2021; Paraso et al., 2011; Gureje et al., 2006; Adeyemi et al., 2015; Guerchet et al., 2009).

Conclusion: The study emphasizes the scarcity of studies specific to Sub-Saharan Africa, indicating the necessity for additional research. However, present research reveals a considerable link between alcohol intake and the prevalence of vascular dementia, highlighting the necessity of treating alcohol-related risk factors as part of preventive interventions.

Keywords: Vascular Dementia, Alcohol-Associated Risk Factors, Alcohol Consumption Patterns, Neurological Disorders, Dementia Prevention



Mercy Omotosho

Impacts of female genital mutilation on the health of women in Sub-Saharan Africa: A qualitative systematic review.

Background: Female Genital Mutilation (FGM) is a practice deeply rooted in certain cultures of Sub-Saharan Africa and elsewhere. It is associated with negative impacts on women's sexual and reproductive health and their broader wellbeing and human rights. A good number of primary studies have assessed these impacts through different methods. A systematic review seeks to synthesize available evidence to guide more effective intervention strategies for addressing the problem which is the intention of this study.

Methods: Only qualitative studies conducted between 2013 and 2023 were included in this systematic review. Women from the Sub-Saharan African region constituted the target population for the study.

Results: Eight studies met the inclusion criteria for the review. The impact of FGM on the health of women included sexual, reproductive, or psycho-social problems. Painful sex, anorgasmia, and reduced lubrication were the most reported impacts on sexual health. Prolonged labour, postpartum haemorrhage, requiring episiotomy, and Caesarean section were mostly reported as impact on women's reproductive health. The impact of FGM on psycho-social health included depression, rage, rejection by men, hatred for family, and traumatic recall of the experience.

Conclusion: This review has shown that FGM can have significant and long-lasting health consequences on women. Genital reconstruction, a difficult process of regaining sexual integrity seems to hold significant potential for mitigating the impact of FGM on women's sexual health. More research is hereby required to provide evidence for this. Research exploring strategies for mitigating the impact of FGM on women's reproductive and psycho-social health is also required. Furthermore, tackling the problem of FGM in Sub-Saharan Africa requires a collaborative effort of governments, civil society, healthcare professionals, community leaders, and international partners to protect the rights and health of women in the region.

Keywords: Female Genital Mutilation, Women, Impact, Health, Sub-Saharan Africa.



David Oni

Occupational exposure to PM (dust) and its relationship to chronic obstructive pulmonary disease in Europe: A systematic review.

Background: Ambient particulate matter consists of diverse solid and liquid particles suspended in the air. In urban settings, specific jobs such as welding, painting, vehicle repair, and servicing are linked to potential exposure to particulate matter. Chronic obstructive pulmonary disease (COPD) is a significant cause of global morbidity and mortality, affecting developed and developing nations. Industrialization and urbanization in Europe have notably impacted COPD emergence. Prevalence ranges from 3.5% to 17.4% across Europe, peaking in Denmark. Workplace exposures contribute up to 15% of COPD cases. Population-based studies show that workplace exposure to dusts accounts for a significant proportion of COPD cases. This review investigates particulate matter's role in occupational COPD impact and aims to understand its effect on the working population's health.

Methods: A systematic review of literature linking COPD with occupational exposures to PM was carried out. Three database searches involving Medline, CINAHL and Scopus were used. Studies from the start of 2000 were included in the review. The search strategy was developed using a PEO (Population, Exposure, Outcomes) framework and the relevant studies were selected using the predefined criteria for inclusion and exclusion. The quality of the 9 included studies was appraised using the Joanna Brigg's Institute (JBI) Checklist for cross-sectional and cohort studies. Analysis of the included studies was conducted using a narrative review. Results: The review analysed nine studies carried out in Europe, revealing a substantial correlation between exposure to dust and the susceptibility to developing COPD and Chronic Bronchitis. Overall, this association proved consistent across different genders and occupational settings, indicating that both men and women face an increased risk of these respiratory conditions due to dust exposure in various work environments.

Conclusions: Occupational dust exposure is closely linked to Chronic Obstructive Pulmonary Disease (COPD), particularly in industries like agriculture and manufacturing. This connection underscores the need for public health and workplace interventions. Preventive measures including regulations, protective gear, and health screenings, are crucial to reduce COPD risk. Recognizing this interplay is vital for worker wellbeing and requires proactive actions for a healthier workforce.

Keywords: COPD, Chronic Bronchitis, Particulate Matter, Occupational, Industry, Dust, Agriculture



Mon Orekie

A survey of Nigerian youths' knowledge and perceptions of health-related risks and impact of tobacco consumption.

Background: Smoking is a major public health problem, especially in Nigeria. It is well acknowledged that young individuals are unaware of the dangers of tobacco smoking and its consequences for their health. Hence this study was aimed at young people in Nigeria and their knowledge and perceptions of the health-related risks and impacts caused by tobacco usage.

Methods: The cross-sectional research design was used for this study. The convenience sampling method was used to collect data from 50 active smokers from a Facebook group via an online questionnaire. Cronbach alpha was used to assess the instrument's reliability, and the data acquired was examined using descriptive statistics and chi square. At the 0.05 threshold of significance, all hypotheses were tested.

Results: The result of the study showed 66% of young adults in Nigeria have a low level of knowledge of the health-related risks associated with tobacco use. The results further showed that although 78% of the respondents perceived that tobacco use is risky to their health; yet 84.5% of respondents had the perception that their current tobacco use had a positive impact on their health and wellbeing as over 80% of the respondents had the perception smoking and tobacco use makes hanging out with friends more fun alongside some other benefits. The results also showed that the smoker's level of knowledge was also significantly associated with gender, occupational status, marital status, their perception of the health-related risk and their perception of the impact of tobacco use on their health and wellbeing.

Conclusion: The findings of this study highlight the need for stakeholders in the Nigerian health system to increase awareness of the health-related risks of tobacco use among Nigerian youths who lack this knowledge and who see tobacco smoking as a means of easing their socioeconomic difficulties or personal stress.

Keywords: Health Risks, Knowledge, Perception, Smoking, Youths, Nigeria



Christiana Otanwa

Enabling and inhibiting factors of exclusive breastfeeding among women in Nigeria: A qualitative systematic review.

Background: Exclusive Breastfeeding (EBF) has several benefits for both mothers and babies. Notwithstanding, a wide range of empirical evidence reveals a low prevalence of EBF worldwide. The low majority is even worse in developing continents, including Africa, especially Sub-Saharan Africa. Many studies have demonstrated the Influence of factors such as social support, adequate knowledge of EBF, and favourable working conditions as enabling factors for the practice of EBF among women in Nigeria. Similarly, socio-cultural beliefs, unfavourable working conditions, physiological factors, and financial constraints have all been linked to sub-optimal rates of EBF practice in the country. A systematic review, therefore, sought to synthesise available evidence to inform interventions for increasing EBF uptake in Nigeria.

Methods: Four electronic databases, PubMed, MEDLINE, CENTRAL (The Cochrane Central Registry of Controlled Trials), and CINAHL (Cumulative Index to Nursing and Allied Health Literature)) were searched for references up to July 2023 to investigate the barriers and enablers to exclusive breastfeeding among nursing mothers in Nigeria. Only qualitative studies conducted between 2013 and 2023 were included in the review. Nigerian Women of reproductive age formed the target population.

Results: Seven studies were eligible for inclusion in the review. Several factors were identified as inhibitors of exclusive breastfeeding, including perceived insufficiency of breast milk, socio-cultural beliefs and practices, lack of social support, unfavourable working conditions, and lack of finance for proper maternal nutrition. On the other hand, maternal knowledge and positive attitudes towards breastfeeding, social support, and the experiences of other women were identified as enabling factors of exclusive breastfeeding among women in Nigeria.

Conclusion: While this review has provided valuable insights into the factors influencing EBF among women in Nigeria, it also highlights the need for more nuanced, culturally sensitive, and extensive research into the challenges and opportunities for exclusive breastfeeding in Nigeria via qualitative studies. Accordingly, the review has shown that EBF in Nigeria is multi-factorial and, therefore, requires a multi-pronged approach to improving its uptake in the country.

Keywords: Exclusive Breastfeeding, Practice, Factors, Enabling, Inhibiting, Nigeria



Rachel Reed

To what extent are the views and experiences around disordered eating pathology or behaviours considered in the current qualitative research around obesity prevention in the United Kingdom?

Background: Eating disorders affect a large portion of the population of globally and within the United Kingdom, and so must be considered as a public health problem. While the topic of obesity is well explored from a public health perspective, eating disorders historically have not been. Literature suggests there may be a link between models of obesity and disordered eating behaviour, particularly Binge Eating Disorder. There has also been recent media attention around the introduction of obesity prevention legislation to make calorie labelling on food menu's mandatory, particularly how this will affect the eating disorder community. The purpose of this systematic review was to examine the extent to which eating disorders are considered within obesity prevention research. The study aimed to synthesize the current research on obesity prevention, under the lens of whether any considerations toward the eating disorder community have been made in study designs and discussion, to identifying gaps in the literature and the absence of nuance in obesity prevention considering the complex relationship between obesity and eating disorders.

Methods: A PICO (Population, Intervention, Control, Outcomes) framework was used to refine key search terms by population, phenomenon of interest and context. Following this, searches were conducted across five databases to produce a list of articles which were then screened by title/abstract for relevance to search terms. The subsequent list was screened by full text for relevancy to the review question. A critical appraisal skills programme qualitative checklist was used to assess the quality of papers included in the final review. The final papers were then coded inductively to produce categories. Categories were then reviewed to create overarching themes, the relationship between categories and themes was then examined to produce the key findings of the results.

Results: Only one direct reference to eating disorders was identified from the data analysed. Four overarching themes were identified: holistic approaches to weight management, obesity stigma, responsibility and rationale for interventions.

Conclusion: There are significant gaps in the literature examining the relationship between eating disorders and obesity. Further research is required to examine the role of obesity-stigma as a barrier to accessing weight management services and the extent to which it exists amongst healthcare professionals.

Keywords: Obesity Prevention, Eating Disorders, Disordered Eating Pathology, Disordered Eating Behaviours, United Kingdom



Ashela Risa

The current challenges in delivering school-based sex education in Indonesia: A scoping review.



Background: School-based sex education is important in Indonesia because the incidence of sexual violence and risky sexual behaviour among children and adolescents is increasing. However, existing sex education remains inadequate with many obstacles to its implementation. The purpose of this scoping review was to examine the available evidence on the challenges in providing school-based sex education and to identify key themes and potential research gaps.

Methods: A scoping review of literature from 2010 to 2023 was conducted in June 2023 using five major databases to identify relevant studies. Additional searches were conducted through manual reference searches and grey literature. The screening process involved evaluating studies based on their title, abstract, and full text against specific inclusion criteria. The scoping review followed the nine-stage methodology guidance provided by the Joanna Briggs Institute (JBI). The data extracted were organised, categorised, analysed, and synthesised in charts, tables, and narrative format.

Results: After the screening process, 10 studies were incorporated into the review. The difficulties in providing sex education in Indonesia encompass various aspects at different levels. At the individual level, challenges arise from the characteristics of teachers, parents, and students. At the school level, issues include a lack of supportive leadership, materials and facilities, and inadequate implementation. At the system level, obstacles include the absence of national guidelines, political and cultural factors, gender disparities, and the impact of the COVID-19 pandemic in more recent time.

Conclusion: This review emphasises the potential for improvements in addressing the challenges. It is crucial to initiate systemic and institutional changes, which will ultimately influence the individual level. Establishing a legal framework, curriculum, and national guidelines will provide the basis for implementation at the institutional level. Collaborative efforts among relevant stakeholders are also important for maximising program acceptance. Further initiatives are needed to enhance teachers' capacity and motivation. Further research is required to examine perceptions and acceptance in different types of schools and cultural backgrounds. Furthermore, exploring which approaches are most effective in the Indonesian context is important.

Keywords: School-based Sex Education, Current Challenges, Indonesia



Olufunlola Samuel

The public health impacts of antimicrobial resistance in Africa and responses to reduce this: A scoping review.

Background: Antimicrobial resistance (AMR) is a cogent public health issue bedeviling low- and middle- income countries of Sub-Saharan Africa. Up until now, existing research on AMR in Africa have not assessed the state of AMR surveillance and monitoring as part of measures to curb the menace of AMR. This research mapped the literature on AMR surveillance in the World Health Organisation (WHO) African region with the intent of providing an understanding of the current trends in AMR surveillance in the region and justifying the need for a systematic review on the topic or otherwise.

Methods: The identification of eligible sources was carried via systematic searches on the databases: PubMed, CINAHL, Medline and Google Scholar. Furthermore, screening of identified sources was carried out using a pre-defined eligibility criterion. The database search yielded 1796 records in total which were screened based on the eligibility criteria. 20 sources that fulfil the eligibility criteria were included in the scoping reviews. Moreover, narrative synthesis approach guided the summary and synthesis of findings of the eligible studies.

Results: The coding process for the narrative synthesis yielded three distinct themes: poor data availability and management; poor implementation of National Action Plans (NAPs) and inadequate AMR surveillance systems and variable implementation of NAPs. The outcome of the narrative synthesis demonstrate that African countries are at different levels of NAP implementation. In addition, findings indicate that countries of Eastern Africa sub-region were more successful with AMR surveillance strategies and are more accomplished in terms of NAPs implementation and AMR surveillance of antimicrobial use. Furthermore, the outcome of the narrative synthesis demonstrates that infrastructural deficit, shortage of laboratory facilities for AMR testing and diagnostics, poor healthcare funding, poor data management due to paucity of laboratory-based AMR surveillance, weak regulation of antimicrobial drug sale, purchase and use, and paucity of financial resources and skilled AMR diagnostics experts are debilitating factors undermining AMR surveillance in the African continent.

Conclusion: This scoping review provides a comprehensive overview of current literature on AMR surveillance in Sub-Saharan Africa. The outcome of the study provides directions for further research and provides impetus for the conduct of a systematic review on the current state of AMR surveillance and AMR stewardship in Africa. In addition, the study provides valuable information that can guide policy formulation on AMR surveillance in the WHO African region.

Keywords: Antimicrobial Resistance, Antimicrobial Drug Resistance, Antimicrobial Resistance Surveillance, WHO African Region



Fuhadh Saneen

Exploring the attitudes towards hormone replacement therapy among Liverpool John Moores University Kerala students: A quantitative study.

Background: This dissertation offers a comprehensive exploration of Liverpool John Moores University (LJMU) Kerala students' attitudes towards Hormone Replacement Therapy (HRT).

Methods: Through a meticulous analysis of data collected from 103 participants, who are from Kerala, India and currently studying at LJMU, the investigation delved into participants' familiarity with HRT.

Results: Males exhibit higher familiarity levels with HRT compared (57.6%) compared to females (42.4%), There was no statistical difference in familiarity with HRT between different age groups. This gender-based disparity points towards diverse sources of information and potential gaps in health education. The attitudes towards recommending HRT to menopausal women were examined, unveiling intriguing age-based patterns. The youngest group (18-24) demonstrated scepticism, with a notable 45.20% expressing disagreement. The 25-30 age group indicated higher agreement (44.8%) and respondents above 30 exhibited cautious attitudes, with 25.40% agreeing and 9.70% disagreeing, highlighting generational influences. The study showed no statistically significant difference in attitudes based on age group. The 18-24 (52.9%) and 25-30 (60.5%) age groups leaned towards natural approaches. Conversely, over 30s reported a preference for HRT (60%) . There was a significant association between age group and the attitude on choosing natural approaches other than HRT. Healthcare professionals wielded considerable influence on HRT attitudes (30.1%), indicating reliance on authoritative guidance. Personal experiences (21.35%) and scientific research (17.5%) played pivotal roles, underlining the significance of peer narratives and evidence-based information. Media and internet sources (19.9%) contributed, highlighting digital information's potency, while cultural or religious beliefs (10.7%) underscored personal value influences.

Conclusion: The results suggest that there is no statistical significance between gender and the factors associated with the use of HRT. The study underscores the significance of tailored interventions for distinct age groups and individual preferences in healthcare decisions. In summary, this study offers profound insights into LJMU Kerala students' diverse attitudes towards HRT. It unravels gender and age dynamics, illuminates multifaceted factors shaping perceptions, which can be useful for further university studies.

Keywords: Attitudes, Hormone Replacement Therapy, Liverpool John Moores University, Kerala Students, Quantitative Study



Yamina Selmani

A survey study exploring attitudes, knowledge and perceptions of air pollution in the United Kingdom.

Background: Air pollution is defined as contamination of the indoor or outdoor environment by any chemical, physical, or biological agent that alters the inherent properties of the atmosphere. Air pollution is commonly caused by household combustion devices, motor vehicles, industrial facilities, agriculture and forest fires. It is considered a major public health issue and described as an “invisible killer.” This study aimed to explore people’s knowledge, attitudes and perceptions of air pollution in the United Kingdom.

Methods: A quantitative study was conducted using an online questionnaire sent via Facebook and the Doctoral Academy group. A total of 80 participants completed the questionnaire.

Results: The findings of the study revealed that (93.8%) of participants perceived air pollution as an important concern compared to only 6.3% who considered air pollution to be unimportant. Automobiles were indicated as the major cause of air pollution by participants (93.8%). Most participants identified carbon monoxide (CO), nitrogen dioxide (NO_x), and sulphur dioxide (SO₂) as pollutants. While a small number of people identified particulate matter (PM), ozone (O₃), and volatile organic compounds (VOCs) as air pollution contaminants. (66.3%) of participants believed that air pollution adversely affected their health. Most participants mentioned asthma (92.5%), lung cancer (57.5%) and respiratory related conditions as associated with air pollution. However, they were less likely to link air pollution to diseases such as cardiovascular disease (16.3%) and diabetes (5%). Most participants felt air pollution had decreased during the lockdown and acknowledged that there is a relationship between the weather and air pollution. Most participants attributed the main responsibility to tackle the issue of air pollution to individuals. There was a significant relationship between perception’s concern and gender, asthma risk perceptions and age. There was a significant association between the source of information about air pollution and the sense of contribution to reduce air pollution.

Conclusion: Overall, this study provided important information and knowledge for public health. It will act as a baseline information to raise awareness among the population. Additionally, it will give much-needed information to policymakers engaged in critical relevant air quality statements, including generating recommendations for new clean air regulations.

Keywords: Air Pollution, Pollutants, Air Quality, COVID-19, United Kingdom



Faye Shotter

A qualitative study aiming to explore the impact of gender on individuals' perception of risk when engaging in the night-time economy in Liverpool.

Background: The night-time economy has become an area of public health concern, due to stress and anxieties relating to the potential 'risks' individuals may encounter. These anxieties are not experienced equally, as gender significantly influences perceptions of risk in these public spaces, with women disproportionately more fearful than men. Despite great concern about safety and violence in the night-time economy, there has been little discussion of how young men and women feel about their safety on a night out, or how they acquire a sense of safety in a supposedly 'risky' social setting.

Methods: A qualitative research design method was used to investigate this concept, via semi-structured focus groups. Using a purposive sampling technique, a sample of 16 participants, eight men and eight women, was collected. The focus group discussions were then transcribed and analysed using thematic analysis, to highlight key themes and patterns.

Results: Findings show that women are more fearful in the night-time economy than men, with safety concerns overwhelmingly relating to men and the possibility of sexual assault, while men felt more at risk of physical assault and personal theft. Nonetheless, epidemiological data on actual risks, highlight often perceived risks felt by both male and females in the night-time economy, do not always reflect reality.

Conclusion: Overall, this study highlights that men and women experience fear of the night-time economy very differently, with both genders facing their own perceived risks. There was a significant gap in knowledge regarding existing risk minimisation strategies in this sector. Future research and public health action need to focus on raising awareness and improving social marketing techniques of existing risk minimisation measures to improve public wellbeing. Furthermore, promoting gender equality by adapting traditional gendered social and cultural norms will help facilitate a more culturally accepting society.

Keywords: Night-time Economy, Safety, Gender, Perception of Risks, Actual Risks



Sudha Sureshkumar

A quantitative study on work related stress among health care assistants working in care homes in the United Kingdom.

Background: This study investigated the stress experienced by healthcare assistants working in United Kingdom (UK) care homes, a field that has seen an influx of migrant workers, especially students. Given the growing elderly population and evolving healthcare demands, the research explored what caused stress in these workers.

Methods: Data was collected through an online questionnaire. There was a total of 59 respondents from the Healthcare Assistants field. The target population was healthcare assistants from care homes in the UK and the questionnaire was shared to WhatsApp groups.

Results: The study's results revealed significant insights into the work-related stress experienced by healthcare assistants in UK care homes. Most participants reported experiencing stress, with only a small percentage indicating otherwise. Healthcare workers found it challenging to balance their personal and professional lives. Very few individuals opted for this career path in the long term.

Conclusion: It is evident that the existing stress management programs in care homes are insufficient to adequately protect the health and well-being of healthcare workers. There are multiple factors contributing to the experience of stress, which must be addressed to safeguard the overall welfare of both employees and organizations.

Keywords: Work- Related Stress, Healthcare Assistants, Care Homes, United Kingdom



Ejehi Taiwo

The extent of and response to chronic obstructive pulmonary disease among adults who have or are receiving care for illicit opiate use in high-income countries: A scoping review.

Background: Illicit opiate use by all age groups is still at a record high, leading to increased morbidity and mortality and causing major public health issues. Chronic Obstructive Pulmonary Disease (COPD), a type of lung disease, is one of the major diseases associated with illicit opiate use. However, treating COPD in this population group is still far from optimal in high-income countries despite good healthcare services. It is, therefore, vital to understand the extent of and responsiveness to COPD among individuals who have or are undergoing treatment for illicit opiate use in high-income countries. This scoping review aimed to review the existing literature on the extent of and response to COPD in adults in high-income countries who are receiving or have previously received treatment for opiate use.

Methods: The scoping study entailed gathering and analysing data from papers in the "Discover" database that were linked to a scoping review on the extent of and responsiveness to COPD among persons who have or are receiving care for illegal opiate use in high-income countries. The search was divided into three stages. A preliminary search for relevant research was undertaken using Google Scholar and the Library Discover database. These papers' titles and abstracts were examined to identify related keywords. Second, a systematic search of the LJMU Discover database was conducted, which comprised PubMed, Medline via EBSCO, and CINAHL via EBSCO. Third, the official websites of organisations such as the American Lung Association, the Global Initiative for Chronic Obstructive Pulmonary Disease and the World Health Organisation were searched for grey literature.

Results: 759 studies were identified using database searches. After deleting duplicate entries, 427 studies were reviewed using predetermined inclusion/exclusion criteria based on their titles and abstracts. This procedure resulted in the selection of 41 studies for full-text screening against the same standards. Finally, 406 of the 427 records evaluated were rejected, leaving only 21 research to meet the inclusion criteria and be included in the final analysis.

Conclusion: In conclusion, this scoping analysis demonstrates a substantial relationship between illegal opiate use and Chronic Obstructive Pulmonary Disease (COPD) in high-income countries. Early screening and tailored therapies for people with a history of opioid misuse are critical for addressing this problem. Improving health outcomes requires integrated care approaches, individualised treatment, and initiatives to decrease stigma. The paper also identifies knowledge gaps, advising policymakers and researchers to prioritise data collection and collaborative research projects to address these concerns fully. By putting the study's suggestions into action, healthcare providers and policymakers may better support this vulnerable population, lowering the burden of COPD in the setting of illegal opiate use and improving overall well-being.

Keywords: Chronic Obstructive Pulmonary Disease (COPD), Illicit Opiate Use, High-income Countries, Adults



Chippymol Thomas

A quantitative study on the knowledge, behaviour and attitude towards vaping among Liverpool John Moores University female students.

Background: Vaping has gained popularity among young adults, including college students, raising concerns about potential health risks and addictive behaviours. This study aims to investigate the knowledge, attitudes, and behaviours towards vaping among female college students, focusing on the prevalence of vaping, awareness of health risks, and perceptions of addiction and harm reduction associated with vaping.

Methods: A cross-sectional survey was conducted among female college students (N=63) to collect data on their vaping behaviours, attitudes, and knowledge about vaping products. The survey included questions on vaping initiation, frequency, and reasons for use, as well as perceptions of vaping compared to traditional smoking. Demographic information was also collected.

Results: The study revealed a relatively high prevalence of vaping among female college students, with 18 participants (28.6% of the total) reporting current vaping behaviour. Participants demonstrated diverse attitudes towards vaping, with some perceiving it as less harmful than traditional smoking, while others were uncertain about its health effects. Additionally, misconceptions about vaping were prevalent among participants, indicating the need for targeted health education campaigns. Interestingly, age groups did not significantly influence perceptions of vaping addictiveness, challenging previous research findings.

Conclusion: The study provides valuable insights into the knowledge, attitudes, and behaviours towards vaping among female college students. The findings highlight the importance of addressing misconceptions about vaping and the need for evidence-based cessation programs to support individuals who wish to quit vaping. Furthermore, the study emphasizes the significance of considering gender-specific factors in developing public health interventions and policies related to vaping.

Keywords: Vaping, Female College Students, Attitudes, Knowledge, Behaviours



Libby Thomas

Unheard and abandoned, deaf behind bars: A global scoping review.

Background: Every human is entitled to dignified and respectful treatment, irrelevant of their personal circumstances with The Universal Declaration of Human Rights implemented to support this basic need. However, this entitlement is not consistently accessed by vulnerable and neglected populations across the world. The prison population is one which is both vulnerable and neglected on several levels, one of those being academic research. Those who belong to marginalised groups within prison experience further neglect. Incarcerated deaf individuals are one of the most neglected groups, with a profound lack of research currently globally available and research that is available highlighting the immeasurable hardships suffered.

Methods: This research adopted a global scoping review approach based on the Arksey and O'Malley 2005 framework to summarise the current data available, which investigates how those who are hard of hearing navigate prison life.

Results: The research findings highlighted a precedented lack in research currently available with large portions of the globe having no record of published data. Throughout the literature, consistent reports of extreme neglect and isolation were discovered as caused by the foundational structure of the prison environment producing an inaccessible environment for those who are deaf. This research also highlighted that despite cases of hearing screening having positive implications on the hearing health of inmates, this has not been made a standard of prison entry in any location across the globe. Finally, research was unable to identify evidence of a data monitoring system within prison to identify deaf individuals and ensure the correct accommodations and adaptations are implemented as required by law.

Conclusion: This research is the first of its kind in conclusively identifying a complete lack of focus upon a highly vulnerable population suffering immensely within prison. This study creates foundations for future research that can be used to inform policy and practiced globally. Along with this, a change in attitude treating those who are deaf with respect and highlighting the importance of providing support to create equity between inmates who are deaf and inmates who are not. As each day passes without further research, intervention or change, irreversible damage is transpiring to individuals globally and presents a threat to deaf individuals' human rights.

Keywords; Deaf, Hard of Hearing, Hearing Impairment, Prison, Incarceration, Inequalities



Vishnu Muraleedharan Thoppil

Assessing the impact of food poverty on student health, wellbeing, and academic performance at Liverpool John Moores University: An Online Survey.

Background: This research delves into the implications of food poverty on the health, wellbeing, and scholastic accomplishments of students at Liverpool John Moores University (LJMU). Nutrition, a cornerstone of personal growth and academic prowess, has long been recognised for its significance. However, food poverty remains a formidable global challenge, stimulating academic dialogue and scholarly exploration.

Methods: This research methodology employed a predominantly quantitative approach, relying heavily on a comprehensive survey analysis to assess the depth of food poverty within the university setting. The online survey, undertaken by 50 students, elucidated the extent and ramifications of food poverty amongst this demographic.

Results: The research findings underscored the critical role of a nutritious, balanced diet in the students' comprehensive development and wellness. It emerged that food poverty among students lead to adverse outcomes, detrimentally impacting their physical and mental wellbeing. These problems stemmed from inadequate financial support and the socioeconomic status of their families. The key revelation from this research is that one out of every 10 students suffered from food poverty in the LJMU.

Conclusion: Focusing on food poverty, as opposed to the more general concept of food insecurity, enables a more nuanced understanding of this multifaceted problem. By emphasising the unique perspectives of the Liverpool John Moores University student population, this dissertation contributes substantively to the overarching discourse on public health.

Keywords: Food Poverty, Impact of Food Poverty, Health, Student Well-being, Academic Performance



Jilson Varghese

Attitude towards tobacco among students in the United Kingdom.

Background: The usage of tobacco has increased among United Kingdom (UK) students, along with rapidly growing health concerns among them. Tobacco companies across the world are using different smart marketing strategies to target teenagers who can easily be manipulated in the use of tobacco. It has also been specified that nicotine has a long-lasting effect on the brain development capacity of adolescence. This study will help identify the attitude of students towards tobacco.

Methods: The information was gathered using an online questionnaire to a total of 82 respondents, the majority of whom were international students. The target market was LJMU students, and the information was disseminated via the Faculty of Health, who were the gatekeepers.

Results: The use of tobacco among UK students have been reduced significantly as they have been found to consume tobacco related products like cannabis and electronic cigarettes in a limited and controlled manner. The study demonstrated statistical evidence with the help of cross-tabulation and chi square analysis using SPSS.

Conclusions: Summarising the challenges and difficulties to reduce the consumption of tobacco, using behavioural therapy to manage students' smoking and improve alternative behaviours and designing an online and offline tobacco control campaign to create awareness, has been suggested. Additionally, an open communication area by using the 'National Tobacco Control Programme' to recognise the personal issues of students as well as implementing ICT tools with software programs has also been recommended to improve students' healthy life living objectives.

Keywords: Youth, UK, Use of Tobacco, Attitude, Students, Tobacco Control Policies



Josephine Williams

The effectiveness of public health interventions to reduce motorcyclist road traffic accidents in Nigeria: A systematic review.

Background: Road traffic accidents (RTAs) rank among the eight-leading causes of global mortality. Numerous countries have implemented strategies and policies to curtail RTAs and their resulting injuries and fatalities. Motorcyclists face a disproportionately elevated risk of crashes, leading to severe injuries and deaths. Road traffic injuries (RTIs) constitute a mounting yet inadequately addressed global health emergency, necessitating efficacious preventive measures to ensure sustainable safety. Despite several previous reviews on this topic, a comprehensive evaluation of the effectiveness of public health interventions remains limited, especially in low middle-income countries (LMICs) such as Nigeria, where daily increases in motorcycle-related accidents persist. This systematic review aims to bridge this gap by examining effective interventions to reduce RTAs.

Methods: A quantitative systematic review was executed, entailing a thorough literature search across Medline, PsycINFO, and grey literature sources, adhering to relevant eligibility criteria spanning from 2013 to 2023. The search strategy was formulated following the PICO (Population, Intervention, Control, Outcomes) framework. Inclusion criteria encompassed systematic reviews primarily conducted within LMICs. The quality of included studies was evaluated using the CASP (Critical Appraisal Skills Programme) Quantitative Checklist. Analysis of the studies was accomplished through a narrative synthesis approach.

Results: Out of the 1,019 studies screened, 12 studies met the final analysis criteria. Three predominant outcomes emerged: accidents, injuries, and fatalities. Most studies investigated helmet use and laws, along with enforcement mechanisms. Additionally, other studies explored measures such as speed regulation, educational interventions, roadway enhancements, community initiatives, and comprehensive intervention strategies. Legislative interventions emerged as the most prevalent and effective, yielding reduced road traffic accidents, injuries, and fatalities, particularly in conjunction with robust enforcement initiatives. Helmet use and adherence to laws also exhibited noteworthy reductions in accident-related injuries and deaths.

Conclusion: This systematic review has unveiled effective strategies to mitigate motorcycle-linked road traffic accidents, injuries, and fatalities. Through emphasizing the significance of legislation, enforcement actions, and multifaceted approaches, this study contributes to the expanding repository of knowledge that can steer evidence-based policy making, fostering safer road environments and healthier societies.

Keywords: Systematic Review, Motorcycles, Interventions, Road Traffic Injuries, Accidents, Deaths



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