

# Public Health Institute Journal

Celebrating academic work  
by PHI students

<https://openjournals.ljmu.ac.uk/PHIJ>

# Welcome

In my time as a student, I often compared writing a dissertation to a strange train journey, one where you know the final destination will be rewarding, but you also know that the ride itself will be unpredictable. My experience with my undergraduate dissertation was a bumpy ride. I chose a complex, under researched topic, which meant that the dissertation process was challenging, at times slow, while at other times very intense. Nonetheless, it was a topic whose importance I always firmly believed in, and a topic that I wanted to learn more about. My undergraduate dissertation marked my very first time producing research and it further cemented my passion for it. It felt so rewarding speaking to people and being able to turn their experiences into knowledge that undertaking a postgraduate degree to felt inevitable.

Inspired by my interests in a breadth of different topics surrounding the health of vulnerable populations, as well as the fantastic work carried out by public health teams who have tackled the COVID-19 response globally, I decided to pursue an MSc in Public Health at Liverpool John Moores University. Once again, I gravitated towards an under-researched area, this time, the barriers homeless populations face when accessing cancer screening. Both my lecturers and dissertation supervisors were an immense support system throughout the whole dissertation process, and their dedication further solidified my desire to pursue a career in public health research. Today, I'm proud to be working alongside them as a Public Health Research Assistant, applying everything I learnt as a student to multiple research projects that aim to create meaningful change in the public health field. Public health research means a lot to me and it has given and contributed immensely towards my personal growth by helping me understand and solidify my strengths, passions, and yes, even my patience.

Being a public health student takes courage, whether you realise it or not. Choosing a research topic, advocating for something you care about, and navigating such a broad and evolving field is no small task. Writing a dissertation can often feel overwhelming, and self-doubt will inevitably creep in. You might question whether your topic is interesting enough, whether your work will be taken seriously, or whether you'll be able to finish what you started. But you always will. And so have the students whose incredible dissertation abstracts are featured in this journal. To every student whose work is presented here - congratulations! Your research is a testament to the depth and impact of public health and the dedication of those studying it. It is a valuable contribution to the field, shaping its future and inspiring the next generation of researchers and students to further advance public health knowledge.

*Ann Marie Farrugia*

# Tolulope Sarah Adepegba

## Psychological consequences of teenage pregnancy in sub-Saharan Africa: A scoping review

**Background:** Adolescent pregnancies are a major public health issue across sub-Saharan Africa and can result in serious psychological effects on the young mothers. This scoping review explores in detail the psychological burdens experienced by pregnant teenage girls and adolescent mothers in this region.

**Methods:** A scoping review of literature was conducted. Relevant databases were searched using key terms related to the topic, with the aid of the PCC 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 which resulted to 13 relevant studies being included from various sub-Saharan African countries, including Nigeria, South Africa, Kenya, Uganda and Ghana.

**Results:** The findings revealed a range of psychological impacts, such as depression, anxiety, stress, low self-esteem, and stigmas, consistently reported across the included studies. Additionally, some studies also identified suicide thoughts. Contextual factors, including unplanned pregnancies, lack of social support, poverty, disrupted education, history of mental illness, intimate partner violence (IPV) and gender-based violence, and diseases were identified as contributors to the psychological distress experienced by these young women. The proposed interventions and strategies to mitigate these issues included counselling services and support systems, economic empowerment programs, and community-based support systems.

**Conclusion:** The review highlighted an urgent need for a comprehensive and culturally sensitive intervention that not only addresses the mental health elements identified but also its root causes, which are majorly socio-economic and culturally embedded. Recommendations include tailoring mental health service provision, strengthening community based support systems, improving access to comprehensive education and youth-friendly reproductive health services, sustainable economic empowerment, and prioritizing research and capacity-building initiatives. Overall, this scoping review emphasises that improving psychological well-being among pregnant teenagers and adolescent mothers is a necessary requirement for breaking the intergenerational cycles of disadvantage and supporting inclusive societal development initiatives in sub-Saharan African countries.

**Keywords:** Adolescent Pregnancies, Psychological, Intimate Partner Violence, Scoping Review, Sub-Saharan African Countries.



# Queensly Adigwe Adigwe

The perceptions of adult residents in Delta State, Nigeria on the harms experienced by street children: A survey study

**Background:** Street children are a global public health issue and most common in low- to middle-income countries like Nigeria. The average life expectancy, future economy, and security of a nation are determined by children, some of whom are on the street, so there is a need for more research. The aim of this research was to explore the perception of adult residents in Delta State, Nigeria, on the harm experienced by street children, targeted at informing policymakers on the need to address the issues faced by street children and improve the nation's wealth.

**Methods:** This quantitative study used a convenience sampling method to recruit adult residents from 4 cities (Okpanam, Sapele, Ughelli, and Asaba, the capital city) in 19 local government areas in Delta State, located in the south-south region of Nigeria. Recruitment was undertaken via WhatsApp groups (community, religious, financial, and professional groups), and data was collected via an online questionnaire.

**Results:** 85 people (56% male) responded to the survey, and most (76%) are residents of Asaba from Oshimili South (34%). Street children were perceived negatively (56%), and the major factors that drove them to the street were perceived to be poverty (94%), neglect or lack of family responsibility (86%), orphanhood (69%), and a lack of parental education. Street children aged 5–10 years were mostly seen weekly (76%), and respondents perceived that these children experienced child abuse (92%), drug abuse (91%), ritual killings (82%), road traffic accidents (78%), alcohol abuse (75%), sexually transmitted infection 68% and mental problems (68%), diarrhoea (42%), and 9% of child trafficking, cultism, drug, and crime peddlers. Participants perceived that they often fall ill, and 75% of them have no access to medical care. Residents perceived that the government does not do enough to help street children's situation, and it was highly recommended that everyone, including government and non-governmental organizations (NGOs), have a role to play, but mostly the government should provide free medical care, accommodation, free education, and health awareness programs to the parents and children. Parental financial empowerment and laws to force the government to curb this plight should be put forward. However, lack of funding and support from policymakers due to corruption, lack of cooperation from children and their parents, and illiteracy are perceived barriers to address the plight of street children.

**Conclusion:** Financial empowerment for parents and free education for the children would be most helpful in addressing this issue

**Keywords:** Street Children, Nigeria, Survey, Low to Middle Income Countries



# Olawunmi Joy Ajao

Knowledge, attitude, perception, and practice of exclusive breastfeeding among lactating mothers in low-income countries: A systematic review

**Background:** Exclusive breastfeeding is one of the critical determinants of maternal and child health, particularly in low-income countries, where it can considerably impact infant survival and development. Notwithstanding this, the rates of exclusive breastfeeding remain very low in such places, often being influenced by a host of factors. This present research has sought to review knowledge, attitudes, perceptions, and practice (KAPP) on exclusive breastfeeding among lactating mothers in low-income countries.

**Methods:** A systematic review methodology involved sourcing and compiling data from multiple studies on exclusive breastfeeding in low-income countries. The review included qualitative studies, community-based cross-sectional studies, systematic reviews, and meta-analyses. Data were extracted about the participants' knowledge and understanding of exclusive breastfeeding; participants' attitudes and perceptions; actual breastfeeding practice; and the socio-economic, cultural, individual, and health system factors that impact these elements. This is a systematic review that appraises and summarises all available studies regarding KAPP on exclusive breastfeeding among lactating mothers from low-income countries.

**Results:** Several determinants at the different levels that impact exclusive breastfeeding practice were identified through this review. Accordingly, attitudes toward and practice of breastfeeding are highly influenced by social norms and cultural beliefs, with community and family expectations often at the forefront in driving mothers' decisions. Socioeconomic factors, such as income, education, and accessibility to health facilities, may also influence; lower socioeconomic classes tend to have a reduced rate of exclusive breastfeeding.

**Conclusion:** Results suggest the interplay of social, economic, cultural, and environmental factors in shaping the practice of exclusive breastfeeding in low-income countries. Target interventions aimed at changing such determinants could be effective for shifting breastfeeding rates significantly higher and hence improving maternal and child health outcomes. This research would, therefore, strongly emphasise comprehensive approaches to education, formulate policies, and involve communities in the support and promotion of exclusive breastfeeding among lactating mothers.

**Keywords:** Exclusive Breastfeeding, Low-Income Countries, Maternal and Child Health, Knowledge, Attitude, Perception, and Practice (KAPP), Socioeconomic and Cultural Factors



# Syeda Anamah Fawzy Ali

Assessing public attitude and opinions towards implementing UK smoke free generation policy: A quantitative survey

**Background:** In 2023, the UK government proposed the implementation of a smoke-free generation policy aimed at eradicating smoking by 2030. The policy's method involves progressively increasing the legal age for purchasing cigarettes each year, starting with individuals born in 2009. Understanding public attitudes and opinions toward this policy is crucial for its successful adoption and long-term effectiveness. This study aims to delve deeper into the smoke-free generation policy to fully understand its focus and significance in public health. Additionally, it examines the policy's potential impact on public health, public perception, compliance, and the socioeconomic implications associated with its implementation.

**Methods:** A descriptive cross-sectional study was conducted among a representative sample of the UK adult population, primarily students, at a specific point in time. Participants were surveyed about their knowledge and understanding of the smoke-free generation policy, as well as the health-related implications of smoking. Data were analysed using quantitative statistics and logistic regression to identify factors associated with support for the policy.

**Results:** The findings revealed strong public support for the smoke-free generation policy, particularly among non-smokers and younger individuals. However, significant opposition remains among current smokers and those concerned about individual liberties, highlighting the need for targeted communication strategies.

**Conclusion:** The study suggests substantial public support for the policy, yet it also identifies areas of opposition that need to be addressed to ensure successful implementation. These insights underscore the importance of targeted public education and engagement strategies to build broader consensus for the policy. Further research is recommended to explore the potential long-term effects of the policy on smoking prevalence and public health outcomes in the UK.

**Keywords:** Smoke-Free Generation Policy, Public Opinion, Tobacco Control, UK Public Health Policy, Youth Smoking Prevention.



# Mathews Babichan Joseph

A scoping review to examine any links between mental health and vaping

**Background:** The use of electronic cigarettes, commonly known as vaping, has surged in popularity, particularly among younger generations. Aggressive marketing has positioned vaping as a fashionable and harmless alternative to traditional tobacco products. However, growing concerns about the health risks and potential mental health implications of vaping have emerged, with studies suggesting links to conditions such as depression, anxiety, and psychosis. The complex bidirectional relationship between vaping and mental health, where pre-existing conditions may lead to vaping as a coping mechanism and vaping itself may exacerbate these conditions, underscores the need for a thorough examination of this issue.

**Methods:** A scoping review was conducted to map the extent, range, and nature of research on the relationship between vaping and mental health, following the framework proposed by Arksey and O'Malley (2005). Studies published between 2018 and 2024 that investigated the association between vaping and mental health conditions were included. Data was charted using a standardised form, and themes such as depression and anxiety were identified through an inductive analysis.

**Results:** The review revealed an association between vaping and various mental health conditions including depression, anxiety, stress, and suicidality. While the nature and strength of this association varied, longitudinal studies indicated that vaping could precede and potentially exacerbate mental health symptoms, suggesting a causal link. Factors such as gender, educational environment, health status, and behavioural patterns were found to influence this relationship. However, the review also highlighted several research gaps, particularly the need for more longitudinal studies, investigations into the mechanisms underlying these associations, and the effects of different vaping substances.

**Conclusion:** The findings underscore the complex interplay between vaping and mental health and the urgent need for ongoing research to inform public health interventions and policies. Addressing the identified research gaps is crucial for developing evidence-based strategies to mitigate the potential mental health risks associated with vaping, ultimately promoting the well-being of individuals who vape.

**Keywords:** Vaping, Electronic Cigarettes, Mental Health, Depression, Anxiety, Scoping Review, Public Health.





# Azza Abdelrahim Elamin Ali Ballal

A qualitative investigation into the perceptions and acceptance of the Sudanese community in Liverpool towards the Covid-19 vaccine

**Background:** The Covid-19 pandemic has significantly impacted global health, the economy, and daily life. Vaccination has been identified as an essential technique for regulating the virus's transmission and lowering associated morbidity and fatality rates. However, vaccination adoption varies substantially between societies and is impacted by various factors such as cultural beliefs, trust in healthcare systems, and the availability of reliable information. The Sudanese community in Liverpool, like many other immigrant communities, faces particular obstacles and barriers that may influence how they perceive and embrace the COVID-19 vaccine. By investigating the underlying causes of vaccine hesitancy or acceptance, this study hopes to provide insights that can drive public health strategies and improve the effectiveness of vaccination efforts in this community.

**Methods:** Semi-structured, in-depth interviews were conducted to examine the perception of eight Sudanese Participants aged 18-58, with the first interview serving as the pilot interview. Participants were purposively sampled. Manual thematic analysis was used to analyse the qualitative data from the interviews.

**Results:** Eight participants, three men and five women (mean age; 38 years) were interviewed. Half of the participants had received the Covid-19 vaccine. Findings revealed eight themes as enablers and barriers to Covid-19 vaccination. The themes highlighted diverse factors influencing vaccine acceptance or hesitancy. External mandates, such as government and healthcare professionals' roles, were found to play a crucial part in promoting vaccination through education and advocacy. Concerns about the safety and development of vaccines underscore the importance of transparent communication and addressing misinformation to build public trust. Participants showed concerns towards potential long-term vaccine effects.

**Conclusion:** The study on Liverpool's Sudanese population's acceptance of the Covid-19 vaccine revealed that different demographic groups had varying degrees of vaccine acceptability. Misinformation and cultural beliefs influenced vaccination acceptance, and the report stressed the importance of education in dispelling myths and building trust. It highlighted the vaccine's efficacy and safety, the value of sensitive communication, and the role of healthcare professionals and community leaders in disseminating accurate information. The study also aimed to educate the public about support networks and resources for informed vaccination decisions.

**Keywords:** COVID-19, Sudanese Community, Liverpool, Trust, Vaccine Acceptance, Vaccine Hesitancy, Safety.





# Catrina Brown

## An exploration of characteristics associated with substance use within the construction industry in the United Kingdom: A quantitative secondary data analysis

**Background:** Substance use is a global public health issue. Those working in the construction industry use substances at a higher rate than those in other industries. Construction is a safety critical industry, and the impact of substance use can increase the likelihood of harms to health. This study aimed to examine substance use of clients presenting to a support and wellbeing service within the construction industry in the United Kingdom. Specifically, this study explored if there was a relationship between age, income level, the presence of a co-occurring mental illness on substance use and type of substance used, as well as exploring the impact of those identifying work as a stress factor.

**Methods:** A secondary data analysis was conducted using data collected by the service from July 2022 to August 2023. The data for participants reporting substance use was extracted, and included demographic information, co-occurring mental health issues, type of substance use and whether work was a stressor. Descriptive and inferential statistics were used to characterise the sample.

**Results:** 51 cases were extracted from the 458 in the primary data, which was 11.1% of the cases. Alcohol was the most reported substance (52.9% of participants), and 62% reporting use were on a lower income, 54.9% were aged 31-55 and 82.3% reported a co-occurring mental illness. Around a quarter (25.5%) of cases reported that their mental health and wellbeing issues were not impacted by work stressors. Following Chi-square testing, there was a relationship between mental illness and the type of substance use (single or poly substance use) with a P value of .037, and work stress and single substance use with a P value of .039. Of particular note, is the relationship between age and type of substance use (alcohol, single or poly-substance use) with statistical significance and a P value of .001.

**Conclusion:** The study explored the characteristics of UK construction workers who use substances and are receiving support. Few studies have been undertaken in this population, and implications for future research and support required. A larger UK study would yield richer results, and few have been undertaken in this population group, further exploration around and including the high rate of participants reporting mental illness, the high rate of alcohol use, the difference in the type of substances used by age group and the possible impact of work stressors. The current literature on this population group suggests that in order for support to be effective it should be person-centred, focus on health promotion, prevention and treatment, using evidence-based interventions for those experiencing issues with substance use and avoiding a punitive approach.

**Keywords:** Substance Use, Construction Workers, Health and Safety, Workplace Wellbeing, Mental Health



# Chimyenum Joy Anwulica

## The impacts of sexual abuse on women in Nigeria: A qualitative systematic review

**Background:** Sexual abuse is a significant public health issue affecting women in Nigeria, with studies suggesting prevalence rate ranging from 30-50%, exacerbated by cultural stigmas, inadequate legal frameworks, and insufficient support systems which perpetuate a cycle of silence and victimization. Women often bear the brunt of societal blame, which further complicates their recovery and reintegration into communities. This systematic review aims to examine the impact of sexual abuse on women in Nigeria

**Methods:** A systematic review search was conducted CINAHL Plus, Medline, and Eric databases for qualitative studies exploring the sexual abuse of women in Nigeria. Studies were screened against predefined inclusion criteria. The included studies underwent quality assessment using the Critical Appraisal Skills Programme (CASP) tool. The data were extracted and synthesised using thematic analysis.

**Results:** This review found several impacts of sexual abuse on women in Nigeria were wide-ranging, encompassing physical health consequences (e.g., injuries, sexually transmitted infections), mental health effects (e.g., PTSD, depression, anxiety), social stigma and isolation, educational and economic repercussions, disruption of relationships and trust, increased vulnerability to further abuse, and long-term trauma. The pervasive stigma surrounding sexual abuse in Nigerian society was found to exacerbate many of these impacts. Additionally, the study identifies significant gaps in community support and the need for robust legal protections.

**Conclusion:** This review highlights the nature of sexual abuse impacts on Nigerian women, emphasising the need for comprehensive support services and interventions. Findings suggest a need for culturally sensitive approaches to prevention and support, addressing underlying societal norms and economic factors that contribute to vulnerability. Future research should focus on evaluating the effectiveness of interventions and exploring strategies to reduce stigma and increase reporting of sexual abuse. Policy implications include strengthening legal frameworks, improving data collection mechanisms, and enhancing support services for survivors.

**Keywords:** Sexual Abuse, Sexual Violence, Sexual Assault, Nigerian Women, Psychological Impact, Impact of Sexual Abuse, Social Consequences, Cultural Norms, Systematic Review



# Gabriela Cofré Morales

Has the prevalence of syphilis among pregnant women increased or decreased over time in Chile and in the Province of Cautín since 2017: A secondary analysis

**Background:** Syphilis, a sexually transmitted infection, is a significant global public health issue, particularly among pregnant women due to the risk of congenital transmission. In Chile, syphilis prevalence is rising among this group. This study examines the trends in syphilis prevalence among pregnant women in Chile, focusing on the Cautín Province in La Araucanía from 2017 to 2020, and exploring associated sociodemographic factors.

**Methods:** A quantitative analysis of secondary data was conducted using the Monthly Statistical Summaries (REM) from Chilean public health centres. The data included results from syphilis tests (VDRL, RPR, MHA-TP) among pregnant women, categorized by year, region, age group, ethnicity, migrant status, and transgender status. The analysis explored temporal trends and the relationship between syphilis prevalence and factors such as GDP per capita, education level, and population density.

**Results:** The study revealed fluctuating syphilis prevalence among pregnant women in Chile from 2017 to 2020, with a rise in 2020. Significant regional disparities were noted, with Cautín Province showing high rates in the 40-49 age group, while the highest prevalence nationally was in the 50+ age group. The highest rates for migrants were in northern Chile and the capital, and Indigenous cases were more common in Araucanía and northern Chile, where the largest Mapuche and Aymara populations are located. Coquimbo and the capital had the highest rates among the transgender population. A significant correlation was found between demographic density, GDP per capita, and education level.

**Conclusion:** The rising syphilis prevalence among pregnant women in Chile, particularly in Cautín, presents a serious public health concern. Addressing this issue requires enhanced prenatal care, targeted public awareness campaigns, and improved surveillance systems. It is crucial to address the underlying socioeconomic and demographic factors to reduce syphilis and prevent congenital infections. Future research should explore the impact of the Covid-19 pandemic on syphilis prevalence and develop strategies to improve antenatal care and screening in high-risk populations.

**Keywords:** Syphilis, Pregnant Women, Chile, Prevalence, Cautín, Surveillance, Screening



# Ramon Critchley

Screen to be seen: An empirical survey study investigating the barriers and facilitators of women in the UK attending cervical screening

**Background:** The proportion of women in England who have not attended cervical screening has reached its highest level in a decade. This study explores the barriers women encounter and the factors that can facilitate cervical screening attendance. Additionally, it examines whether knowledge of cervical screening is a predictor of attendance.

**Methods:** Participants were recruited through a voluntary online survey questionnaire. The Health Belief Model was utilised as a theoretical framework to measure attitudes and behaviours linked to cervical screening.

**Results:** Significant age-related differences were observed: a higher proportion of younger women (aged 25-54) agreed that they intended to attend screenings as scheduled but didn't get around to it straight away, compared to their older counterparts (aged 55 and over). The same pattern was observed regarding agreement with the statements about difficulties in securing appointments due to work or childcare commitments and the recommendation of cervical screening for women their age. Conversely, a higher proportion of older women agreed that they had a bad experience with smear tests in the past compared to the younger counterparts. Significant associations were found relating to concerns about pain and fears regarding what a smear test might reveal. These included having had a bad experience with a smear test, feeling reassured when finding out that everything is okay, and having had a previous positive experience of a smear test. Common barrier themes identified included emotional and psychological factors, as well as issues related to healthcare professionals, GP surgeries, GP receptionists, and difficulties in securing appointments. Conversely, common facilitator themes identified included health beliefs, followed by reminders and a desire for policy change.

**Conclusion:** The study highlighted several major obstacles which impacted women's participation in cervical screening. To enhance cervical screening participation, government policies should focus on health promotion campaigns which include how health beliefs can influence attendance.

**Keywords:** Cervical Screening, Smear Tests, Barriers, Facilitators, HPV, Cervical Cancer



# Jack Delaney

A scoping review of the challenges in healthcare access and vaccination among migrants arriving and settling in the UK post 2015

**Background:** Although healthcare is a fundamental human right, most migrant populations in the UK face many barriers to accessing essential services such as vaccination. These barriers, legislative changes, and other sociopolitical determinants have been blamed for notable disparities in vaccine coverage. This scoping review seeks to critically assess how UK policies and legislation align with the public health needs of migrants, specifically for vaccine-preventable diseases.

**Methods:** This is a scoping review study in methodology using the PCC (Population, Concept, and Context) framework. Search terms were entered into critical databases: Web of Science and MEDLINE, capturing documents between 2015 and 2024. The documents were then screened for relevance, charted, and analysed thematically to pull up emerging themes on barriers, facilitators, and disparities in vaccination among migrants.

**Results:** The review underscores the profound barriers migrant populations face in accessing vaccinations. Language and communication challenges, entrenched cultural beliefs, mistrust in healthcare systems, and structural issues like difficulties registering with healthcare services are prevalent. These obstacles were found to be particularly severe in regions such as Wales and Northern Ireland. Despite these challenges, the review highlights effective strategies, such as culturally tailored communication and community engagement, which have been successful in specific contexts but need to be more consistently applied across the UK.

**Conclusion:** This review identifies significant shortfalls in the UK health policy framework related to meeting the needs of migrant populations and the continuation of health inequalities. Solutions to this problem include the urgent need for regionally inclusive research, adopting trauma-informed care practices, and expanding language services. Improved multiagency collaboration is vital for the equitable access of all migrants to care, particularly for the control of vaccine-preventable diseases. The neglect of such issues poses a severe threat to the health and human rights of migrant communities.

**Keywords:** Vaccination, Migrants, Barriers, Disparities, Policy, Healthcare-Access, Language, Mistrust, Integration, Equity



# Anjana Devi

## Factors influencing fast food consumption among international students: A quantitative research study

**Background:** International students face unique challenges when moving to a new country, e.g. adapting to different food cultures, dealing with financial instability, academic pressure, and homesickness. International students come from different backgrounds, and for these, changing a lifestyle and moving to a new country comes with a change in dietary patterns and fast-food consumption. This consumption can impact their health potentially impacting on cognitive function, academic performance, and dietary patterns of students. This study aims to explore the factors which influence fast food consumption among International student.

**Methods:** An online quantitative survey was conducted with Liverpool John Moores University international students

**Results:** An online survey was completed by 35 people, and the results produced several important findings. In terms of the frequency of fast-food consumption among international students, 40% consume fast food once a week and 31% consume it 2-3 times a week. The most important reasons for consuming fast food are its taste (74%), convenience and ease of access (23%) and price (28%). Male students consume fast food 2-3 times a week and females consume it once a week. Furthermore, 46% of students bring their own lunch, 31%, buy it from the supermarket, and 14% eat fast food for lunch at the university. Regarding the nutritional knowledge regarding fast food, the proportion of little and zero knowledgeable students was 43%, and 26% respectively. In terms of cost influence on their consumption, 31% responded that they consider the cost and choose cheaper options.

**Conclusion:** The study provided an overview of factors influencing fast food consumption patterns among international students at Liverpool John Moores University. The study also discovered several implications that need to be considered for future research e.g. the need for informational campaigns regarding fast food consumption, collaboration with campus food services and local vendors to offer culture-friendly and gender-sensitive healthy food options, awareness through social media and organising social activities that promote healthy eating.

**Keywords:** Fast Food Consumption, International Students, Dietary Habits, Health Consequences, Liverpool John Moores University.



# Fatoumata Diane

## Intimate partner violence and mental health among Black and Minority Ethnic women in the United Kingdom: A scoping review

**Background:** In the United Kingdom, Black and Minority Ethnic (BME) women are disproportionately affected by intimate partner violence (IPV), which has severe mental health repercussions. Despite this, there is a significant disparity in the comprehension of the distinctive obstacles that these women encounter when attempting to access support and achieve equitable results. This scoping review aims to systematically map the existing literature to investigate the prevalence, mental health impacts, and barriers to help-seeking for IPV among BME women in the UK.

**Methods:** Based on the Arksey and O'Malley framework and methodology guidance stage provided by the Joanna Briggs Institute (JBI), this review examined forty qualitative and mixed-methods studies that were published between 2010 and 2023 and were obtained from ten main databases. To synthesise the data, thematic analysis was implemented following a modified framework for healthcare delivery challenges.

**Results:** Key findings indicate that BME communities have a disproportionately high prevalence of IPV, which is further increased by underreporting because of cultural norms, language barriers, and distrust of authorities. Access to information, cultural norms, and immigration status were identified as complex barriers to help-seeking. Ethnicity, gender, and immigration status worsen the mental health effects of institutional violence and IPV. In addition, IPV prevalence varied widely among demographic and geographic groups.

**Conclusion:** A comprehensive IPV plan for BME women in the UK is urgently needed. Strategic interventions for young adults and rural communities, culturally sensitive and trauma-informed services, and BME support organisation funding are some practical solutions. Future research should focus on evaluating culturally adapted interventions and conducting community-based, longitudinal, and large-scale studies.

**Keywords:** IPV, BME Women, Mental Health, Help-Seeking Barriers





# Ridmi Kaushalya Disanayake

Barriers and facilitators of help-seeking in intimate partner violence: A scoping review



**Background:** Intimate partner violence (IPV) is a pervasive public health issue with significant physical and psychological consequences for survivors, particularly women. This study aims to comprehensively explore the barriers and facilitators influencing help-seeking behaviours among South Asian women experiencing IPV. Given the socio-cultural context of South Asia, understanding these dynamics is crucial for developing effective interventions and support systems tailored to the unique needs of this population.

**Methods:** A scoping review methodology was employed, guided by the Population/Context/Concept (PCC) framework. The review included qualitative, quantitative, and mixed-methods studies published in English. Data were sourced from academic databases such as PsycINFO, PubMed, Scopus, Medline, and CINAHL, supplemented by grey literature from Google Scholar and ResearchGate. The inclusion criteria focused on female survivors of IPV aged 18 years or older, examining the barriers and facilitators to help-seeking within the South Asian context.

**Results:** The review identified several significant barriers to help-seeking. These included socio-cultural stigma, fear of retaliation, economic dependency, and lack of awareness about available support services. Additionally, cultural norms that emphasize family honour and traditional gender roles were found to discourage women from seeking help. Facilitators for help-seeking included supportive social networks, economic resources, higher education, and empowerment through community-led initiatives. The presence of Non-Governmental Organizations (NGOs) and community leaders advocating for women's rights also played a critical role in encouraging help-seeking behaviours.

**Conclusion:** This research underscores the complex interplay of socio-cultural factors affecting help-seeking behaviours among South Asian women experiencing IPV. It highlights the need for multi-faceted interventions that address economic empowerment, community education, and the strengthening of informal support networks. Policymakers and practitioners should prioritise culturally relevant strategies to enhance the accessibility and effectiveness of support services for IPV survivors. Future research should focus on developing and testing interventions that can be adapted to the diverse cultural contexts within South Asia.

**Keywords:** Intimate Partner Violence, Help-Seeking Behaviour, Scoping Review, Violence Against Women, South Asian Women, Socio-Cultural Factors



# Melina Duran Polanco

What is the current state of knowledge and awareness about cancer among school students in developed countries?: A scoping review

**Background:** Cancer education plays a critical role in equipping students in developed countries with the knowledge necessary for early detection, prevention, and making informed health decisions. Despite the inclusion of health education in school curricula, there are still notable gaps in students' understanding of cancer, particularly regarding the impact of lifestyle choices and the biological mechanisms underlying cancer development.

**Methods:** A scoping review of the literature published between 2020-2024 was undertaken in June 2024 of three key databases (Medline, CINAHL, and PsycINFO) to identify eligible studies. Further manual reference searches and grey literature searches were also undertaken. Studies were screened by title and abstract, and then by a full text review against specific inclusion criteria. The Arksey and O'Malley five stage methodological framework for scoping reviews was followed. Extracted data was charted, categorised and narratively synthesised.

**Results:** A total of 1,658 journal articles were identified. After duplicates were removed, 1,107 titles and abstracts were screened, and 21 records were reviewed in full. Fourteen articles were included in the final review. While, most students have a basic awareness of cancer, there are significant misconceptions about the role of lifestyle factors, such as diet and exercise, in cancer prevention. The study found that interactive and engaging teaching methods, such as workshops and peer-led discussions, were more effective in enhancing students' understanding than traditional lecture-based approaches. Programmes that integrated practical activities, like healthy cooking classes or physical activity sessions, were particularly successful in promoting behavioural changes among students. However, the study also highlighted a lack of standardized content across different programs, leading to inconsistent levels of knowledge among students from different regions.

**Conclusion:** This review underscores notable gaps in students' cancer knowledge, especially regarding lifestyle impacts on prevention. Interactive teaching methods, such as workshops and peer discussions, were found to be more effective than traditional lectures in improving understanding and encouraging healthy behaviours. The lack of standardized content across educational programmes results in uneven knowledge levels. To bridge these gaps, it is recommended to develop a standardized cancer education curriculum that emphasizes lifestyle factors and employs interactive methods. Additionally, consistent educator training and further research on the long-term efficacy of these educational strategies should be pursued.

**Keywords:** Cancer, Knowledge, Awareness, School Students, Developed Countries



# Philip Entsuah

## The effectiveness of exercise and diet in type 2 diabetes mellitus prevention in young people in Sub-Saharan Africa

**Background:** Type 2 Diabetes Mellitus (T2DM) is an escalating public health issue among youth aged 15–29 in sub-Saharan Africa (SSA), fuelled by urbanization, globalization, and lifestyle changes such as unhealthy diets and physical inactivity. As SSA faces a dual burden of communicable and non-communicable diseases, preventive strategies tailored to the region's unique socio-economic and cultural contexts are urgently needed. This scoping review evaluates the effectiveness of dietary and physical activity interventions in preventing T2DM among SSA youth, emphasizing the importance of culturally sensitive and sustainable solutions.

**Methods:** A scoping review methodology was adopted, guided by the Population, Concept, and Context (PCC) framework. The review systematically identified and synthesized evidence from eight studies focused on dietary and physical activity interventions targeting youth in SSA. Data extraction included study design, intervention type, outcomes such as glycaemic control and obesity reduction, and contextual factors influencing intervention success. Thematic analysis was utilized to identify patterns and trends across studies, highlighting both successes and limitations.

**Results:** The findings demonstrate that lifestyle interventions significantly reduce T2DM risk among SSA youth by improving glycaemic control, reducing obesity, and enhancing physical activity levels. Dietary modifications, such as reducing sugar-sweetened beverage consumption and promoting traditional diets, emerged as effective strategies. Physical activity interventions, particularly community-based programs, overcame barriers like safety concerns and limited facilities. Integrated interventions combining diet and exercise yielded superior outcomes compared to standalone approaches. However, challenges persist, including socio-economic barriers, cultural norms favouring larger body sizes, and inadequate healthcare infrastructure.

**Conclusion:** This review highlights the urgent need for context-specific and culturally sensitive interventions to prevent T2DM in SSA youth. Addressing barriers such as the high cost of healthy foods, limited recreational spaces, and cultural perceptions is critical. Future research should focus on long-term outcomes, scalability, and regional disparities. Leveraging community-based programs, education campaigns, and mobile health platforms can enhance the effectiveness and sustainability of interventions, reducing the T2DM burden among SSA youth and improving overall public health outcomes.

**Keywords:** Type 2 Diabetes Mellitus (T2DM), Sub-Saharan Africa, Youth, Diet, Physical Activity, Lifestyle Interventions, Public Health



# Rachel Eta

## A systematic review on tackling obesity in children through effective interventions in primary school-based settings in the United Kingdom

**Background:** Childhood obesity is a significant public health concern world-wide and in the UK. The long-term effects of obesity are dangerous when not addressed and this includes diabetes, chronic heart diseases, lower quality of life and many more. Interventions have been developed to aid in tackling childhood obesity in primary school-based settings, as children tend to spend the majority of their awake time in schools. This systematic review aimed to identify interventions that effectively tackle childhood obesity in primary schools and evaluate the quality of the evidence provided.

**Methods:** A comprehensive search was conducted in 2024 using EBSCO Medline, CINAHL and grey literature from Google Scholar. A search strategy was developed using the PICO framework as recommended for quantitative studies. The inclusion criteria included studies in the UK published between the year 2014 to 2024, and interventions with outcome measures aimed at tackling childhood obesity, such as a healthy body mass index, waist circumference, increased levels of physical activity, and a healthy lifestyle. The review included children between the ages of 5 and 11 years old.

**Results:** The systematic review included a total of eight studies that met the inclusion criteria. The results showed that five of these interventions were effective in tackling childhood obesity in primary schools. The results also addressed the limitations of the studies and reasons for the ineffectiveness of the other studies. The results showed that various intervention methods, when combined, effectively tackle childhood obesity such as walking, healthy eating in school and nutritional education.

**Conclusion:** This systematic review provided information on possible effective interventions to tackle childhood obesity in primary schools in the UK. The review identified the limitations of the studies and provided some recommendations to aid in filling the gap in this research.

**Keywords:** Primary School, Obesity, Clustered Randomised Control Trial, Systematic Review, Children, Physical Activity



# Hayley Evans

## Exploring socioeconomic mechanisms that drive harmful alcohol consumption in the UK: A scoping review

**Background:** Alcohol, one of the oldest and most widely consumed psychoactive substances, holds a complex role across diverse societies. It can induce pleasure and relaxation but also poses significant risks, including cognitive decline, addiction, and a range of physical and mental health issues. In the UK, the Chief Medical Officers' guidelines recommend a maximum of 14 units of alcohol per week to minimize health risks, with consumption exceeding this threshold classified as harmful. Harmful alcohol consumption contributes to over 200 diseases and is responsible for approximately 3 million deaths annually, accounting for 5.3% of global fatalities. Beyond its health impacts, excessive drinking imposes substantial social and financial burdens. Socioeconomic status plays a critical role in these outcomes, with individuals in lower socioeconomic groups more likely to engage in harmful drinking due to factors such as economic stress, limited access to resources, and cultural norms. This disparity is evident in higher rates of alcohol-related illness and death in disadvantaged areas, underscoring the need for targeted public health interventions to address these socioeconomic inequalities.

**Methods:** A systematic search of electronic databases PubMed and MEDLINE for pertinent studies on the socioeconomic factors influencing harmful alcohol intake in the UK in order was conducted. The initial search involved screening titles and abstracts for relevance, followed by a detailed review of full-text articles to ensure inclusion based on predefined criteria. This comprehensive approach enabled a broad range of literature and insights on the interplay between socioeconomic factors and harmful alcohol use.

**Results:** A total of 11 studies were included in this scoping review. There were a variety of methodologies across the included literature including cross-sectional designs, longitudinal studies and birth cohorts. Five themes were identified: economic status, education, employment, social environment, and life course socioeconomic disadvantage.

**Conclusion:** This scoping review highlights the significant impact of socioeconomic factors on harmful alcohol consumption in the UK, revealing that economic stress, educational attainment, employment status, and social environment play crucial roles in influencing drinking behaviours. The findings underscore the need for targeted public health interventions to address these socioeconomic disparities and reduce the burden of alcohol-related harm.

**Keywords:** Socioeconomic Factors, Harmful Alcohol Consumption, Economic Status, Education, Employment, Social Environment, Life Course Deprivation.



# Omobolanle Esther Fadahunsi

A systematic review of the effectiveness of smoking cessation interventions among patients with tuberculosis in Low- and Middle-Income Countries (LMICs)

**Background:** This systematic review aimed to evaluate the effectiveness of smoking cessation interventions in tuberculosis (TB) care programmes in low- and middle-income countries (LMICs). Of interest were facilitators and possible barriers to successful smoking cessation among TB patients. This review was motivated by the huge impact of smoking on TB treatment outcomes, and the possible advantages of addressing both health issues simultaneously in resource-restricted contexts.

**Methods:** The review employed a systematic approach using the PICO framework. The review involved a comprehensive literature search of various databases for studies conducted in LMICs on the effectiveness of smoking cessation interventions for TB patients. The included studies were critically appraised using the Quality Assessment Tool for Quantitative Studies.

**Results:** A total of 10 quantitative studies were extracted for synthesis of the findings. The findings showed three main types of interventions within the review: brief advice, behavioural counselling, and pharmacological. The review demonstrated some significant findings with regard to whether different kinds of smoking cessation practice were effective within the context of care provided for those people with TB. The greatest smoking cessation rates were from combined behavioural and pharmacological interventions ranging from 45% to 77% at 6-month follow-up. Quit rates of 20% to 40% were found for behavioural support alone, with brief advice interventions finding quit rates of 15% to 39%. Several facilitators for smoking cessation activities included having engaged health workers and integrating approaches into existing TB treatment programs. Barriers to quitting included strong nicotine addiction, social norms that support smoking, and limited resources.

**Conclusion:** These findings have important implications for individual health outcomes as well as public health goals more broadly and suggest that smoking cessation treatment is feasible and effective among TB patients. The review also indicates that areas for further exploration including longer-term follow-up of smoking cessation outcomes, cost effectiveness, and culturally tailored intervention development in various LMICs.

**Keywords:** Tuberculosis, Smoking Cessation, Pharmacological, LMICs



# Gholamhossein Farasatzadeh

A survey study exploring the effect of having cats as a companion animal on the mental wellbeing of women in the United Kingdom

**Background:** For a long time, cats have lived closely with humans, providing joy, support, and protection. This bond likely affects the mental health and overall wellness of their owners. Despite mixed evidence on the mental health benefits of pet ownership, data specifically on cat ownership is limited. This study tries to explore how owning a cat influences women's mood and emotional well-being, and how companion cats impact mental health.

**Methods:** An exploratory quantitative survey was conducted using an anonymous online questionnaire distributed through social media. Data collection occurred over four weeks, with a total of 60 participants completing the survey. The collected data were subsequently analysed using SPSS.

**Results:** The study revealed that 80% of respondents had a high emotional attachment to their cats, and 98% interacted frequently with them. The mean Warwick Edinburgh Mental Wellbeing Scale (WEMWBS) score among female cat owners was 47.8. Among respondents, 54% had only one cat, while the lowest mean WEMWBS scores were found in those with more than five cats. Participants who had owned a cat for over 10 years had the highest mental well-being scores, in contrast to those who had owned a cat for less than one year. Regarding age, the highest mean score of 55.5 was observed in the 75-84 age group, and the lowest mean score of 40.7 in the 18-24 age group. White respondents had higher mean WEMWBS scores compared to other ethnic backgrounds, with no Black participants. A statistically significant association was found between emotional closeness and mental well-being in female cat owners ( $p=0.001$ ).

**Conclusion:** This study provided significant insights into the relationship between the number and duration of cat ownership and the mental well-being of female owners, a topic not clearly addressed in previous research. Future studies should explore the specific factors influencing varying levels of well-being among cat owners and to better understand the complex relationship between human-animal bonds and mental health.

**Keywords:** Cat Ownership, Pet Ownership, Companion Pets, Companion Cats, Mental Health, Mental Wellbeing, Female Cat Owners, Women Cat Owners, Survey





# Connor Hand

A quantitative study to investigate the relationship between mental health and dietary intake in LGBT+ young adults (18-24) in the UK

**Background:** LGBT+ research has showed a concerning scale of poor mental health within young adult communities, which has possibly been a result of stigma, discrimination and current LGBT+ politics. Poorer mental health may increase the likelihood of eating disorder pathology, which is seen at a higher rate in LGBT+ individuals, alongside food insecurity when compared to cis-gendered heterosexual peers. Poor dietary intake can result in long-term chronic diseases, which can strain health care services. However, LGBT+ youth face barriers to accessing health care and therefore, it is imperative to explore the risk factors to inform interventions that prevent health inequalities.

**Methods:** A quantitative methodology was followed using an online anonymous questionnaire, which was advertised on the researcher's social media and posters around the LJMU Student Life Campus.

**Results:** Of the 127 participants, 23 reported they were lesbian, 61 were gay, 31 were bisexual, seven were heterosexual and four reported other. Transgender individuals made up nine of the participants and non-binary individuals made up 12 of the participants. All sexual orientations and gender identities had a significant score for experiencing anxiety (fairly often). Lesbians and 'other' reported poorer mental health and had the worst dietary intakes, with statistically lower breakfast intake, higher intake of takeaway and a higher intake of confectionary compared to other groups. Gay and heterosexual individuals had the most beneficial dietary intake, with a higher consumption of breakfast, complex carbohydrates, fruits and vegetables and protein intake compared to other sexual orientations. Whilst gay individuals had better mental health, cis-gendered individuals had better mental health answers when compared to trans/non-binary individuals and these individuals also had a significantly poorer dietary intake.

**Conclusion:** All sexual orientations and gender identities had different mental health stressors and dietary intake patterns. Results suggest that gay individuals had the least mental health issues and gay and heterosexuals had the best dietary intake. Lesbians, 'other' and trans/non-binary individuals had the poorest dietary intake and mental health responses compared to other groups. Further research is needed to find conclusive results on dietary intake and its relationship to mental health so that public health professionals can create interventions and awareness programmes.

**Keywords:** LGBT+, Mental Health, Young Adult, Internalised Stigma, Dietary Intake, Nutrition, Disordered Eating, Food Insecurity



# Bethany Heath

A qualitative study to explore UK women's experiences of taking part in the couch to 5k programme

**Background:** Women are more likely to be physically inactive than men. People who are physically inactive are at an increased risk of developing non communicable diseases. The Couch to 5K (C25K) programme, which was launched in 2016 by the NHS, is a nine week running programme designed to enable people to run a 5K. The program has had many downloads but there is limited research and evaluations of the program. Therefore, the aim of the study was to explore women's experiences of taking part in the C25K programme. The objectives were to explore women's experiences of taking part in C25K, explore the barriers and facilitators to participation of women taking part in C25K and explore the perceived impact on health and wellbeing.

**Methods:** A qualitative approach was used. The researcher recruited seven women to complete online semi-structured interviews. Participants were recruited via snowball sampling and purposive sampling. Participants were recruited from social media and a local parkrun. The inclusion criteria were women who had completed the full nine weeks or who had dropped out the programme from week five.

**Results:** The results were analysed on NVivo using thematic analysis and the following themes were found; programme structure, barriers and facilitators, health and wellbeing impacts. The programme had many physical and mental health benefits. Participants identified many barriers and facilitators including peer support, motivation, weather, personal safety, lack of time, injury, and health and wellbeing impacts

**Conclusion:** Overall, the research suggested that participants enjoyed the programme. While there is data to show the C25K app has been downloaded many times there is lack of research and evaluations of the program. The programme could be beneficial for physical activity promotion and encouraging more women to run but more research is needed to assess the full impact of the programme.

**Keywords:** C25K, Physical Activity, Women, Barriers and Facilitators, Physical Health and Wellbeing.



# Darcie Jones

A qualitative study exploring how young people aged 18-25 in the UK feel about alcohol content on social media outlets and does this influence alcohol-related attitudes and behaviours

**Background:** It is known that young people are the biggest users of social media on sites Instagram and TikTok they the highest number of users with the age range of 18-25. In recent years content creators have begun making profit from promoting products and giving an opinion to their following. In turn this has generated brand exposure and increases in sales for brands. Influencers are an important part of today's culture, have a massive social media presence and their opinions are important to young people. Young people are known to engage in binge drinking, however over recent years there has been a decrease in young people drinking alcohol with sober content creators are now present on Instagram and TikTok. This study aimed to explore how young people feel about alcohol content on social media outlets and how this influenced their alcohol-related behaviours.

**Methods:** A qualitative approach was undertaken. Six participants were selected by a constructed social media post and an email on the University Canvas by chosen gatekeepers at Liverpool John Moores University. Semi-structured interviews were conducted on Microsoft Teams, recorded and transcribed. The results were analysed using thematic analysis.

**Results:** Eight themes were generated: 1) Personal relationships with alcohol, identified variations in young people's relationships with alcohol between controlled drinking and binge drinking. 2) The normalisation of alcohol on social media found that alcohol content is being shared and glamorised frequently 3) Influencers are promoting alcohol in a way to potentially encourage people to drink alcohol regularly. 4) The portrayal of gender within Instagram and TikTok alcohol content with many participants feeling alcohol brands promote products and utilise masculine and feminine social norms to create content. Young people felt more likely to consume alcohol products if seeing online content promoted by someone from the same gender. 5) Young people's influence from alcohol content with frequent exposure influencing young people to drink alcohol more regularly or consume products they are seeing online. 6) Social media influencers and relatability, young people do express that they find influencers relatable and if the alcohol content appears authentic and more likely to consume alcohol brands if an influencer promotes it. 7) Sober content creators are now a prominent figure on Instagram and TikTok, young people feel that their presence is a positive thing for young people to normalise alcohol issues within that age group. Although it was suggested that unrealistic expectations may be put on individuals to live alcohol free. 8) Paid brand collaborations were explored, and many young people felt this new marketing technique was not an issue online, although the recurrent daily exposure may cause issues for young people.

**Conclusion:** To conclude young people have expressed that seeing alcohol content online encourages young people to drink alcohol. Young people recognise influencers are a vital part of modern marketing and that advertisement via social media influencers is more likely to encourage them to purchase an alcohol product. The risks of alcohol where often not discussed by brands or influencers and while sober content creators were said to bridge this gap young people felt there could be some bias in this content. Overall, young people felt exposed and often venerable to marketing of alcohol and use of alcohol on Instagram and TikTok

**Keywords:** Alcohol, Marketing, Social Media, TikTok, Instagram, Young People



# Lynette Keenaghan

## Unrelated caregivers and fatal child abuse in the United Kingdom: A scoping review

**Background:** Biological parents are the perpetrators of most child murders under the age of five years old, but evidence suggests that stepparents are an even greater risk.

**Methods:** The purpose of this scoping review was to gather the available literature from the United Kingdom in relation to unrelated caregivers and fatal child abuse. The scoping review followed the methodological framework provided by Arksey & O'Malley and utilised four electronic databases; Medline (EBSCO), CINAHL (Plus with Full Text), Criminal Justice Abstracts (with Full Text) and PsycINFO.

**Results:** The search yielded 1415 articles, of which 11 were included in the scoping review. Only articles published from 2000-2024 and from the UK were considered. Due to the small yield of relevant articles that specifically addressed the study aims, any article that contained relevant information on unrelated caregivers (male and female) who have murdered children were included. Within the articles, evidence found that men with a history of violence, especially those living with an unrelated child, pose the highest risk. Physical assault by a stepfather was reported more frequently than any other method of abuse and non-accidental brain injuries were the most common cause of death. Most of the perpetrators suffered their own adverse childhood experiences (ACE's).

**Conclusion:** Through this process the review has highlighted that more research needs to be undertaken with a specific focus on unrelated caregivers (male and female) who have murdered children. There is a dire need to thoroughly understand the risk factors leading to the murder and thus to better understand what support could be provided to reduce risk. This might not help those perpetrators already incarcerated but it could potentially help develop pathways specifically aimed at unrelated caregivers to help them develop strategies to cope and build resilience when they are charged with the care of a child. A better understanding could break the cycle of fatal child abuse for children who are currently living in a violent household, moreover, it will ensure the safeguarding of children who are not yet born

**Keywords:** Fatal Child Abuse, Child Murder, Unrelated Caregivers, Violent Men, Intrafamilial Child Homicide.



# Mayar Kenawy

## Understanding the knowledge, barriers and facilitators of women's emergency contraception methods to avoid unintended pregnancies in the United Kingdom: A qualitative systematic review

**Background:** Unintended pregnancies are a significant public health issue in the United Kingdom, particularly among young women, where rates remain high compared to other European countries. Despite the availability of emergency contraception (EC), its use is hindered by a lack of awareness, stigma, and misconceptions. This research aims to explore the barriers and facilitators that influence the use of EC among adolescents in the UK. The objective of this study is to systematically identify and analyse the barriers and facilitators affecting the accessibility, acceptability, and use of emergency contraception among young women in the United Kingdom. The study seeks to provide evidence-based recommendations to improve EC access and reduce unintended pregnancies.

**Methods:** A qualitative systematic review methodology was employed, focusing on studies that examine the knowledge, barriers and facilitators of young women regarding EC. Data was collected from multiple academic databases, including Medline and Google Scholar, using a structured search strategy. Thematic synthesis was used to analyse the data, with the quality of the included studies assessed using the Critical Appraisal Skills Programme (CASP) checklist.

**Results:** The review included five qualitative studies that identified significant barriers to EC use, such as societal stigma, judgmental attitudes from healthcare providers, privacy concerns, and misconceptions about the safety and efficacy of EC. Facilitators included the convenience of pharmacy access and supportive, non-judgmental healthcare providers. The findings indicate that while pharmacies offer convenient access to EC, the lack of privacy and persistent stigma often deter young women from seeking it.

**Conclusion:** This study highlights the critical need for public health interventions to reduce stigma, enhance privacy in pharmacy settings, and improve education on emergency contraception. Addressing these barriers through targeted strategies is essential to increasing the uptake of EC and reducing unintended pregnancies among young women in the United Kingdom.

**Keywords:** Emergency Contraception, Unintended Pregnancies, Qualitative Systematic Review, Young Women, United Kingdom.



# Richelle Kingaby

## Understanding mental health issues for people working in the music industry: A scoping review

**Background:** Mental health and wellbeing is a worldwide issue impacting many different people irrespective of gender, nationality age or any other factor. Research has documented notable mental health inequalities between musicians and the general public, as well as impacts of music on mental health of the general population. Despite the knowledge that that currently exists, many musicians and those working in the music industry report higher levels of mental ill-health, depression and anxiety. Links between working in the music industry and alcohol and drug consumption has been found, as has substance use and suicide. This may make those working in the music industry more likely to self-harm and put them at an even higher rate of risk for poor mental health than the general public. This scoping review seeks to gain an overview of the available studies and literature on mental health issue for people working in the music industry.

**Methods:** The present study undertakes a scoping review of the research and literature surrounding the topic of mental health and wellbeing of those employed and working in the music industry. Five online databases were searched for studies that were published from 2014-2024. To help gain a rich amount of data, a search was performed on three online platforms for grey literature. An evaluation of the titles and abstracts of each study was performed initially, which was then followed by a full and thorough screening of each full text.

**Results:** Nine of the 14 studies that were found during the first search were included in the scoping review; these studies were primarily quantitative primary research studies. Four main themes emerged from the study: discrimination, income, job security, and substance use and abuse.

**Conclusion:** Of the four themes that emerged when analysing the evidence base, income and substance use and abuse were the two most recurring themes in all pieces of evidence. However, discrimination and job security were also shown to be major contributing factors to the mental wellbeing of those working in the music industry. Addressing the factors that are negatively impacting the mental wellbeing of those in the music industry is paramount to reduce the poor mental health of the population group and increase happiness and positive mental wellbeing. Recommendations for improving mental health outcomes include education for those going into the industry, teaching mindfulness skills and equipping therapists with correct knowledge to understand the struggles of those in the industry and provide adequate mental health care.

**Keywords:** Mental Health, Music Industry, Substance Use and Misuse, Musicians, Mental Wellbeing



# Jilna Kongat

## Evaluating the size and nature of the evidence base for non-pharmacological interventions to prevent post-partum depression (PPD) among women in India

**Background:** Postpartum depression (PPD) is a significant public health concern in India, affecting both maternal and child well-being. While pharmacological interventions exist, non-pharmacological approaches are gaining recognition for their potential in PPD prevention, particularly in the Indian context.

**Methods:** This scoping review comprehensively maps the landscape of non-pharmacological interventions for PPD prevention in India. Employing a systematic search strategy, we identified relevant studies from three databases (PubMed, CINAHL, and PsycINFO) and grey literature sources. Data extraction and synthesis were guided by the PCC (Population, Concept, Context) framework and thematic analysis.

**Results:** A range of non-pharmacological interventions were identified, including cognitive-behavioural interventions (CBT), interpersonal interventions (IPT), yoga, physical exercise, and community-based interventions. These interventions demonstrated effectiveness in reducing PPD risk, improving maternal mental health outcomes, and promoting participant empowerment. However, challenges in accessibility, cultural relevance, and long-term impact assessment were also noted.

**Conclusion:** This scoping review underscores the potential of non-pharmacological interventions for PPD prevention in India. Addressing implementation challenges, enhancing cultural sensitivity, and conducting further research on long-term outcomes are crucial to maximize the benefits of these interventions and improve maternal mental health in the Indian context.

**Keywords:** Postpartum Depression, Non-Pharmacological Interventions, India, Prevention, Scoping Review





# Anupama Kumar

## The efficacy of *Cissus quadrangularis* in the management of osteoporosis in India

**Background:** Osteoporosis, is a medical condition which leads to reduced bone density, affects millions in India and significantly increases fracture risk. Conventional treatments, such as bisphosphonates and hormone replacement therapy, are associated with high costs and side effects. In contrast, *Cissus quadrangularis* (CQ), an Ayurvedic herb, has shown promise in supporting bone health through its anti-inflammatory and osteogenic properties, presenting a potential natural alternative for osteoporosis management, particularly in low-resource settings.

**Methods:** This scoping review assesses the effectiveness of CQ in managing osteoporosis by synthesizing evidence from clinical trials, ethnobotanical studies, and systematic reviews published between 2014 and 2024. A comprehensive search was conducted across databases including PubMed, Scopus, Web of Science and grey literature. The impact of CQ on bone mineral density (BMD), bone turnover markers, fracture risk, pain relief, and quality of life was analysed to determine its potential role in both clinical and public health contexts.

**Results:** By the 16 selected studies for review, the findings indicate that CQ can contribute to slowing bone loss by influencing bone turnover markers, particularly reducing serum osteocalcin levels. While its effect on BMD showed mixed results, CQ demonstrated clear benefits when combined with other natural treatments, in its different forms and slow down the osteoporotic condition. The anti-inflammatory effects of CQ were noted to reduce pain and enhance mobility in osteoporosis patients. Additionally, ethnobotanical evidence supports its traditional use in bone healing, especially in resource-constrained regions. Despite promising results, further research is necessary to assess the long-term effects of CQ on fracture prevention and its broader public health impact.

**Conclusion:** CQ shows potential as a complementary therapy for osteoporosis, especially in low-resource settings where access to conventional treatments may be limited. Its ability to address both bone health and inflammation underscores its value in public health strategies targeting osteoporosis prevention and management. However, more rigorous research is needed to establish standardized dosages, confirm long-term efficacy, and validate its role in fracture prevention, particularly in public health frameworks that emphasize accessible and cost-effective interventions.

**Keywords:** *Cissus Quadrangularis*, Osteoporosis, Bone Mineral Density, Bone Turnover Markers, Ayurveda, Traditional Medicine, Anti-inflammatory, Fracture Prevention, Public Health, Complementary Therapy



# Hannah Molyneux

## The health impacts of hoarding disorder in older adults: A scoping review

**Background:** Hoarding Disorder (HD) is a mental health condition characterised by persistent difficulty discarding or parting with possessions, regardless of their actual value. This behaviour leads to the accumulation of a large number of items, often to the extent that living spaces become cluttered and difficult to use, this has wider implication for the person who hoards, and people who live with and around them including public and environmental health risks such as fire, infestation, and structural damage to homes. Hoarding disorder can have significant effects on the individual's quality of life yet little is known about the health impacts of a person with hoarding disorder. The absence of a stand-alone diagnosis until 2013 for symptoms of hoarding means literature is limited and challenging to analyse and much remains unknown about the epidemiology Hoarding Disorder

**Methods:** A scoping review of literature from 2013 – 2024 was undertaken in May 2024 using three databases to identify relevant studies, further searches were also conducted through grey literature. The screening process involved evaluating studies against inclusion criteria and data was subsequently extracted for thematic analysis .

**Results:** Ten studies were included in the review, with three themes identified; Hoarding Disorder and Older Age, Hoarding Disorder and Medical Co-Morbidity and Hoarding Disorder and Depression and Anxiety. Results suggested that there is generally no substantial connection between severity of hoarding and older age but rather older adults appear to have increased severity due to age related function impairment. Results identified people with Hoarding Disorder generally have lower quality of life due to increased numbers of medical comorbidities including physical and mental health conditions and that there is a strong correlation between Hoarding Disorder and depression and anxiety .

**Conclusion:** Hoarding Disorder has a complex impact on public health, influencing not just mental and physical health but considering the wider impacts socially and financially. Effective management is required to address the complex needs of people with Hoarding Disorder which requires a multidisciplinary approach comprising mental health specialists, social workers, public health officials, and legal authorities to mitigate its broader shared impacts.

**Keywords:** Hoarding Disorder, Health Impacts, Physical Health, Mental Health, Medical Comorbidity, Older Adults



# Eva Mpamulungi

Assessing the impacts of treated mosquito nets in preventing malaria and barriers that hinder their optimal usage among children in Uganda

**Background:** Malaria remains a significant public health challenge in Uganda, particularly among children under five years old, who are the most vulnerable to its severe effects. Insecticide-treated mosquito nets (ITNs) have been widely promoted as an effective preventive measure against malaria transmission. This study aims to evaluate the effectiveness of ITNs in preventing malaria among this high-risk population and to identify barriers to their usage.

**Methods:** A systematic review and critical appraisal of relevant studies was conducted using the Critical Appraisal Skills Program (CASP) tool. The review included both quantitative and qualitative research examining ITN effectiveness and associated behavioural factors affecting usage among children under five in Uganda.

**Results:** The findings indicate that ITNs significantly reduce malaria incidence, with an estimated effectiveness of approximately 60%. However, barriers to optimal ITN usage, such as economic constraints, accessibility issues, and cultural beliefs, were identified as significant challenges. The review highlighted variability in study quality and emphasized the need for comprehensive education and community engagement to enhance ITN adoption.

**Conclusion:** This study underscores the critical role of ITNs in malaria prevention among children under five in Uganda. To maximize their effectiveness, it is essential to address barriers to usage through targeted interventions, improve distribution strategies, and strengthen community education efforts. Future research should focus on longitudinal studies, economic evaluations, and behavioural insights to inform public health strategies and enhance malaria control efforts in the region.

**Keywords:** Treated Mosquito Nets, Malaria Prevention, Children, Uganda, Systematic Review



# Jane Murray

What is the relationship between motives for drinking alcohol and coping with wellbeing?

**Background:** Alcohol use is a significant cause of health inequalities and weighs heavily on health services as one of the leading reasons for admission to hospital. Many people often use alcohol to relax, enjoy themselves and cope with day to day life. Studies have been conducted that focus on alcohol as a coping mechanism but many of those studies have related to mental health diagnosis. There are few studies conducted that concentrate on those who use alcohol to manage their wellbeing but do not have a mental health diagnosis. The focus of this study is to understand further the possible reasons people why people may consume alcohol to excess as way to help cope with wellbeing.

**Methods:** The data for this study was collected by means of JISC online surveys with a total of 21 participants, followed by four telephone interviews to allow for a mixed methods approach. The questions were focused on the objectives of the project and resulted in collection of quantitative and qualitative data.

**Results:** Results indicated that the participants in this study used alcohol to cope with their general wellbeing although only a few of them had a mental health diagnosis, and there did not appear to be a significant difference in alcohol use in those who had a mental health diagnosis with those who did not. Many participants used alcohol to allow them to cope as their mental wellbeing was poor.

**Conclusion:** The study provided insight into the link between poor physical and mental health and an association was apparent between these two aspects indicating those who used alcohol to cope with mental health were also likely to use alcohol to cope with physical pain.

**Keywords:** Coping Mechanisms, Alcohol, Alcohol Care Teams, United Kingdom, Drinking Cultures, Drinking, Worldwide, Mental Wellbeing.



# Osama Niaz

## A systematic review on nicotine replacement therapy in low middle-income countries to quit smoking

**Background:** Smoking is a major concern in low- and middle-income countries (LMICs), with its prevalence increasing day by day, placing a significant burden on public health due to smoking-related diseases. This review examines the effectiveness of nicotine replacement therapy (NRT) in various settings within LMICs and identifies the barriers and facilitators that could enhance NRT's effectiveness. A systematic review was conducted to explore these aspects.

**Methods:** The author selected three databases—EBSCO Medline, EBSCO CINAHL Plus with Full Text, and Cochrane Library—accessed through Liverpool John Moores University. Additionally, a search was conducted using Google Scholar and grey literature. The PICO framework was employed, and thorough searching was carried out.

**Results:** Out of 320 articles retrieved, only 7 were selected that directly addressed the research question. The mean abstinence rate from these 7 articles was 39.8%, with the lowest being 12.7% and the highest 57.1%. This indicates that NRT is an effective intervention in these settings if certain barriers are removed and facilitators are enhanced, depending on the specific challenges of individual countries.

**Conclusion:** The study findings reveal that NRT can be an effective intervention and could significantly impact the economies of LMICs if properly implemented. This can be achieved by ensuring affordability, cost-effectiveness, training, and availability in both urban and rural areas. With these corrections, it becomes more evident that NRT can help people quit smoking.

**Keywords:** Nicotine Replacement Therapy, Low Middle Income Countries, Smoking Cessation, Systematic Review



# Jessica Oakes

Does socioeconomic status impact on parental health literacy and child health outcomes?:  
A systematic review of the literature.

**Background:** The UK National reading age is nine years old; research tells us that one in four adults in the UK do not understand health information given to them by health professionals. With deprivation at its highest in recent years and health disparities widening for those of lower socioeconomic status, the purpose of this study was to understand the impact socioeconomic status has on parental health literacy and child health outcomes.

**Methods:** The review question was formulated using a PICO framework for qualitative research. The population, phenomena of interest, and context were identified through initial scoping searches to better understand the key factors influencing how socioeconomic status affects parental health literacy and child health outcomes. A systematic review of the literature was then undertaken to identify qualitative research within this topic area.

**Results:** Online database searches of CINAHL and MEDLINE identified 289 articles after removing duplicates. Upon screening titles and abstracts, 271 articles were excluded for not meeting the inclusion criteria. Full texts of the remaining 18 articles were obtained and assessed for eligibility, leading to the exclusion of 14 articles that did not meet the criteria. Finally, four articles were retained for analysis. From the papers selected, four clear themes emerged and were explored in detail within the review.

**Conclusion:** The review provides a comprehensive analysis of the significant disparities in healthcare access and utilisation driven by socioeconomic status and health literacy. The evidence consistently shows that parents with low socioeconomic status face substantial barriers to accessing healthcare. This can lead to misuse of services, delayed presentation or care, and poorer health outcomes for their children. In contrast parents with higher socioeconomic status are more likely to be able to navigate the healthcare system and manage their health more effectively, often accessing services to their advantage.

**Keywords:** Child, Parent, Caregiver, Health Literacy, Child Health, Health Outcomes, Socioeconomic Status, Qualitative



# Eunice Nana Obeten

## How poor access to health care impact on maternal health in Nigeria

**Background:** The presence of society inequalities, inadequate infrastructure, and cultural elements that aggravate the limited access to healthcare in Nigeria has made it progressively difficult to achieve ideal maternal health in Nigeria. Nigeria still boasts among the highest maternal mortality rates globally even with several interventions. This paper aims to investigate carefully qualitative studies on how limited access to healthcare influences mother health outcomes in Nigeria. The objective is to identify main factors either facilitating or hindering these outcomes.

**Methods:** The following databases were searched extensively: PubMed, CINAHL, and Medline. The search was limited to research publications published between 2015 and 2024. The chosen keywords were "Nigeria," "maternal health," and "healthcare access." The inclusion criteria was qualitative research observing elements allowing or blocking access to maternal healthcare, and the researchers followed the PRISMA guidelines and applied thematic analysis to identify repeating patterns.

**Results:** The study revealed several main challenges to maternal healthcare accessibility in Nigeria including insufficient healthcare infrastructure, outrageous medical costs, poor attitudes of healthcare professionals, and societal preferences for traditional birth attendants. Rural areas presented special challenges because of their clear geographical and socioeconomic differences. Accessibility was improved by elements including health insurance coverage, community involvement, and educational campaigns meant to raise knowledge of the advantages of official mother healthcare. While social responsibility initiatives and the Midwives Service Scheme could help to increase service use, their success has shown variations depending on the area.

**Conclusion:** In essence, the present systematic review highlights the complicated interaction of elements preventing the availability of maternal healthcare in Nigeria, so aggravating the high rates of mother mortality and morbidity in the nation. To address these problems, a comprehensive strategy including bettering the quality of care given by healthcare professionals, motivating community involvement, increasing health insurance coverage, and modernising infrastructure is needed. Policymakers, legislators, and medical professionals wishing to create specific interventions to improve mother health outcomes in Nigeria and support world health initiatives including Sustainable Development Goal 3.1 will find great benefit from the results of this study.

**Keywords:** Maternal Health; Healthcare Access; Barriers; Facilitators; Maternal Mortality; Socio-economic Disparities; Infrastructural Deficits; Cultural Factors And Health Insurance





# Chidera Obula

## Reasons for non-disclosure of sexual violence among adolescents in Sub-Saharan Africa: A scoping review

**Background:** Sexual violence against adolescents in Sub-Saharan Africa is a pervasive issue, deeply embedded in socio-cultural, economic, and institutional contexts. Despite its high prevalence, many incidents remain unreported due to various barriers to disclosure. Adolescents, particularly girls, are especially vulnerable due to factors such as poverty, gender inequality, and limited access to education and healthcare. This scoping review aimed to comprehensively explore the reasons for the non-disclosure of sexual violence among adolescents in Sub-Saharan Africa, focusing on how cultural norms, societal expectations, and systemic failures contributed to the silence surrounding this issue.

**Methods:** The study utilized a scoping review methodology, systematically analysing existing literature on sexual violence non-disclosure among adolescents in Sub-Saharan Africa. The review covered peer-reviewed articles, reports, and relevant grey literature published within a specified time-frame. The inclusion criteria focused on studies addressing sexual violence, non-disclosure, and the adolescent demographic within the Sub-Saharan African context. The analysis involved identifying recurring themes, factors contributing to non-disclosure, and gaps in the existing research landscape.

**Results:** The review revealed multiple barriers to the disclosure of sexual violence among adolescents in the region. Key factors included personal fears of retaliation, societal stigma, and the potential for humiliation. Cultural taboos surrounding sexual violence, particularly against girls, further discouraged victims from speaking out. Systemic issues, such as inadequate reporting mechanisms, lack of trust in law enforcement, and insufficient healthcare support, were also identified as significant deterrents. These factors combined to create an environment where victims felt isolated and unsupported, hindering their ability to disclose and seek justice.

**Conclusion:** The study concluded that the non-disclosure of sexual violence among adolescents in Sub-Saharan Africa was a complex issue that required culturally sensitive interventions. Strengthening institutional support systems, improving access to education, and fostering environments that encourage open discussion and reporting were critical steps toward addressing this issue. Further research was essential to understand the specific barriers faced by adolescents in the region and to develop effective prevention and intervention strategies.

**Keywords:** Sexual Violence, Non-Disclosure, Adolescents, Sub-Saharan Africa, Cultural Barriers, Gender Inequality, Institutional Support.



**Background:** Alcohol use is a major public health problem in young adults in Nigeria. The drinking behaviour is influenced by a wide range of socio-cultural, economic, and environmental factors. This paper aims to systematically review existing literature to identify the factors that may influence alcohol use among young adults in Nigeria in order to guide the development of preventions and intervention strategies.

**Methods:** this study used a systematic review methodology utilising a thorough search of databases including PubMed, ProQuest and PsycInfo. The study selection was done using the PICO framework, focusing on young adults (15–25 years old) in Nigeria and exploring factors related to the use of alcohol. Qualitative and mixed-method primary studies in English and published in peer-reviewed journals were considered eligible. The quality of the selected studies was assessed using the Joanna Briggs Institute (JBI) and Critical Appraisal Skills Programme (CASP) tools.

**Results:** Following the search, 450 potentially relevant studies were identified, of which 10 studies were included following screening and quality appraisal. The studies revealed that alcohol use among young adults in Nigeria was influenced by factors relating to demography (age, gender, socioeconomic status and level of education), social factors (peer pressure, family dynamics and parental monitoring) and culture (ethnic and religious beliefs).

**Conclusion:** Alcohol use among young adults in Nigeria is multifaceted, underpinned by a complex interplay of demographic, social and cultural influences. Intervention strategies should therefore be culturally sensitive, prioritise family and peer influences, and focus on the socio-economic inequalities that underpin drinking patterns.

**Keywords:** Alcohol Use, Young Adults, Nigeria, Systematic Review, Socio-cultural Factors, Demographic Influences, Peer Pressure, Family Dynamics, Cultural Norms



# Lynda Ofoleta

## The risk of mental health issues among young people who use TikTok in Europe

**Background:** TikTok has quickly become one of the most popular social media platforms, particularly among adolescents and young adults, raising concerns about its potential impact on mental health. The platform's engaging, algorithm-driven content has been linked to various psychological outcomes, including social media addiction, anxiety, and depression. Understanding these effects, especially during the COVID-19 pandemic, is essential for developing strategies to mitigate the negative consequences of excessive TikTok use and ensure the well-being of its users.

**Methods:** This review synthesizes findings from several studies that examine the relationship between TikTok use and mental health outcomes. These studies utilized methods such as literature reviews, online surveys, and cross-sectional analyses, focusing on adolescents and young adults across different regions, including Europe, Russia, and Southeast Asia. The research investigates key mental health indicators, such as social media addiction, anxiety, depression, and self-esteem, to provide a comprehensive understanding of TikTok's impact.

**Results:** The findings indicate a strong correlation between excessive TikTok use and negative mental health outcomes, particularly among younger users. High levels of TikTok use have been consistently associated with social media addiction, increased anxiety, and depression. The platform's algorithm-driven nature, which promotes prolonged engagement through personalized content, appears to exacerbate these effects, making it a significant concern for mental health professionals and educators.

**Conclusion:** TikTok presents unique challenges to mental health, particularly for adolescents and young adults. To address these challenges, there is a need for targeted interventions, such as digital literacy programs and platform-specific tools that promote healthy usage habits. Ongoing research is crucial to fully understand the long-term effects and to develop effective strategies for mitigating the negative impacts of social media use.

**Keywords:** TikTok, Mental Health, Social Media Addiction, Anxiety, Depression, Young People, COVID-19 Pandemic



# Lucas Ogundeyi

## Patriarchy as a major driver of intimate partner violence against women in Nigeria: A qualitative systematic review



**Background:** Intimate partner violence is not only a significant obstacle to achieving gender equality globally, but it is also a major public health problem with social implications. In Nigeria, where lifetime prevalence rates range from 33.1% to 63.2%, patriarchy drives the prevalence of IPV against women through its influence on all aspects of the Nigerian society. This review aims to explore the lived experiences of women who are victims of IPV to understand how patriarchal ideologies permeate the socio-cultural context of Nigeria, shaping societal attitudes towards violence against women which leads to high prevalence of IPV.

**Methods:** A qualitative systematic review was conducted, which involved a rigorous literature search on CINAHL, Medline, PsycINFO, Web of Science, and Google Scholar for relevant studies. The search was limited to studies published in English language between 2014 and 2024 to ensure the inclusion of recent and relevant studies. PICO framework was used to develop the search strategy, research question, and eligibility criteria. The quality of the included studies was appraised by using the CASP Qualitative Checklist. Hybrid Thematic Synthesis was used to analyse the included studies.

**Results:** Six studies were included in the final review. Five analytic themes emerged: (i) knowledge, attitudes, and perceptions of IPV, (ii) the normalization of male dominance and control, (iii) the influence of cultural norms and traditional practices, (iv) the role of religious institutions, and (v) help-seeking behaviours. The interpretation of the themes provided a comprehensive understanding of how societal attitudes towards IPV against women in Nigeria are shaped by patriarchal beliefs which are manifested in the socio-cultural context of Nigeria, leading to pervasiveness, and prevalence of IPV.

**Conclusion:** The review concluded that patriarchy influences social and cultural norms that shape perception towards IPV against women, which leads to high prevalence. Thus, addressing IPV requires a multi-faceted public strategy that involves the long-term commitment of the Nigerian government and other stakeholders, ensuring the implementation of culturally sensitive interventions that challenge patriarchal norms, empower women, and promote gender quality.

**Keywords:** Patriarchy, Male Dominance, Intimate Partner Violence, Culture, Tradition, Religion, Perception, Attitude, Gender Inequality, Women, Nigeria



# Humble Okoigun

## Exploring the impact of alcohol-related brain damage among homeless people in the UK: A scoping review

**Background:** Alcohol-Related Brain Damage (ARBD) amongst homeless populations in the United Kingdom is a pressing public health issue, typically characterized by severe neurological and psychosocial impairments. Despite its significance, there is limited comprehensive reviews of ARBD within this demographic.

**Methods:** A scoping review approach was adopted to map the existing evidence in relation to ARBD among the homeless in the UK. The Population, Concept, and Context (PCC) framework was used to develop search strategies and inclusion criteria for the review. A systematic search of the following databases was also carried out in July 2024: Google Scholar, PubMed, ProQuest, PsycINFO. These databases were selected since they are major health and social care databases. The search terms were designed to capture a broad range of relevant literature, including grey literature. Ten studies were selected for the review.

**Results:** The review highlighted significant themes related to ARBD prevalence, impacts and interventions. ARBD is strongly associated with homelessness and can be as high as 70%. Significant neurological and cognitive impairments were reported. Psychosocial impacts included severe stigma, isolation and deteriorating mental health. Barriers for accessing healthcare demonstrated the need for early diagnosis and comprehensive rehabilitation. Integrated care approaches, community-based and peer support interventions were shown to be effective for managing ARBD among the homeless.

**Conclusion:** ARBD in the UK homeless population is a multifaceted problem, requiring tailored interventions, with improved access to healthcare, integrated models of care and community-based support that meet the holistic needs of such vulnerable individuals. Future research endeavours should aim to fill the gaps identified in the literature to inform future interventions and policy frameworks.

**Keywords:** Alcohol-Related Brain Damage (ARBD), Homelessness, Scoping Review, Access to Healthcare, Integrated Care, Psychosocial Impact, Community Interventions.



# Toyosi Olupona

The attitudes and perceptions of international university students towards organ donation in the United Kingdom: A qualitative empirical study

**Background:** Organ transplantation is one of the ultimate treatment modalities for patients with end-stage diseases. However, the demand for organs is not met because the demand always surpasses the supply which makes it a public health concern. Attitudes and knowledge of international students towards organ donation in the UK has been shown to affect donation rates among ethnic groups in the UK. The main aim of this study is to explore the knowledge, attitudes and perceptions of international students in Liverpool John Moores University towards organ donation in the United Kingdom.

**Methods:** A generic qualitative approach was used to gain insights into international students' understanding and awareness of organ donation at LJMU. It involved four focus group discussions with a total of 19 participants among international students studying at LJMU. Thematic analysis was used to identify, analyse and interpret meaningful themes.

**Results:** The results of this study showed that participants had a basic knowledge of what organ donation is and zero knowledge of the organ donor register and opt-out system in the UK. Also, most of the participants stated they were not willing to donate their organs, except for a family or a loved one. Most participants would not be willing to register on the UK organ donor scheme. Participants had a negative attitude and reaction towards the opt-out system currently in place. Furthermore, the data showed that religion, cultural beliefs, mistrust of the healthcare system, compatibility issues, and lack of awareness and knowledge are major barriers to international students enlisting on the organ donation scheme in the UK.

**Conclusion:** These findings highlight a crucial challenge for public health initiatives aimed at increasing organ donation rates as there is a gap between international students' general willingness to help loved ones and their broader acceptance of organ donation as a societal norm. The study's findings emphasize the urgent need for targeted education and awareness campaigns to address knowledge gaps about specific organ donation mechanisms and systems. Enhancing familiarity with the organ donor register and understanding the opt-out system can significantly increase donor registration rates and public trust in the organ donation process.

**Keywords:** Organ Donation, International Students.



# Favour Onuoha

## Social cultural practices influencing stillbirth in Sub-Saharan Africa

**Background:** Stillbirth remains a significant global health concern, especially in Sub-Saharan Africa. Sub-Saharan Africa accounts for 45% of all stillbirth occurrences globally. A little over 40% of stillbirths in Sub-Saharan Africa happen in the labour room but underreporting, especially in rural areas, makes this figure unreliable. Considering this prevalence, current research into the main causes of stillbirth in Sub-Saharan Africa has highlighted certain beliefs and practices that influence pregnancy outcomes in the region. The negative effects of these practices are still unclear and warrant further investigation. This review aims to identify and analyse literature on the social and cultural practices that influence stillbirth among pregnant women in Sub-Saharan Africa.

**Methods:** The PEO (Population, Exposure, and Outcomes) framework was used to guide the search strategy and seven electronic databases were searched for studies published from 2014 to 2024. Furthermore, a grey literature search and manual search of the reference lists of the included studies were carried out to guarantee the thorough inclusion of relevant studies that could have been missed during the first search. After de-duplication, full-text screening was performed once the titles and abstracts were assessed. Lastly, pre-established inclusion and exclusion criteria were used to select the included studies, which then generated the study's findings.

**Results:** The initial search recognized 1,832 studies, of which 10 were included in the systematic review, with the majority being qualitative ethnographic studies. The study identified five major social-cultural practices that influence Sub-Saharan Africa, including food taboos and restrictions, use of herbal medicines during pregnancy, preference of traditional birth attendants over skilled birth attendants, engagement in strenuous activities, and delay in referral to maternal health services

**Conclusion:** Among the five major practices outlined, food taboos/restrictions and the use of herbal medicines during pregnancy were the most discussed in the included studies. All outlined practices proved to be major factors that influence stillbirth in Sub-Saharan Africa. Understanding and addressing these social-cultural practices can inform targeted interventions toward improving the risk of stillbirth among pregnant women in Sub-Saharan Africa. Recommendations for eliminating harmful social and cultural practices that influence stillbirth should involve the government, global health organisations, and specialized healthcare professionals, by actively providing essential support for eliminating these negative practices in low resource settings.

**Keywords:** Social Cultural Practices, Stillbirth, Pregnant Women, Sub-Saharan Africa.





# Catherine Orfila Manasco

An empirical quantitative research study examining the health-related behaviours and knowledge of university students' (18-30 years) towards e-cigarettes in the UK

**Background:** This research investigates what university students in the UK (aged 18-30) think and know about e-cigarettes and how they affect health. The goal of the study was to find out how much students know about e-cigarettes, how they feel about them, and if they perceive e-cigarettes as a way to stop smoking.

**Methods:** A survey was sent out online to 103 students studying different subjects and at different academic levels.

**Results:** The results show that 90% of people know about e-cigarettes, but levels of knowledge vary. Among them, 34% know a lot, 24% know some, 27% know a little, and 15% do not know at all. Almost half (46%) think e-cigarettes are just as harmful as regular cigarettes, while 31% think they are not as harmful and 15% think they are worse. Also, 63% think e-cigarettes can help people quit smoking, but 37% disagree. More females (52%) than males (38%) took part in the study, and the most common age group was 21-23 years old (33%). Postgraduate students made up the biggest educational group at 32%.

**Conclusion:** The research shows that better educational programs are needed to counteract misunderstandings about e-cigarettes and make public health messages clearer. In the future, researchers need to explore the impact of school programs and how students feel about the health impacts of e-cigarettes.

**Keywords:** University Students, E-Cigarettes, Vaping, Health Impact.



# Mahima Punnamluzhiyil Manoj

## The impact of postpartum depression in women on mother-infant relationship in Asia: A systematic review

**Background:** Postpartum depression (PPD) is a significant public health concern affecting 15-20% of women globally, with higher rates in Asia. PPD negatively impacts the critical mother-infant bond, affecting child development and well-being. Cultural factors in Asia, such as traditional gender roles and stigma surrounding mental health, can further complicate PPD's impact on the mother-infant relationship.

**Methods:** A systematic review was conducted using the PEO framework, searching PsycINFO, Embase, and PubMed databases for English studies published between 2019 and 2024. Included studies examined the relationship between PPD and mother-infant outcomes in Asian populations. Using a narrative synthesis approach, data extraction focused on research characteristics, methodological details, and outcome measures, with an eye towards the complex connection between PPD, mother-infant interactions, and cultural variables.

**Results:** Included were 19 quantitative studies with a notable PPD incidence in Asia connected with different risk variables. PPD severely interfered with mother-infant relationship, thereby causing long-term problems with child development. Among the protective elements lowering this influence were mother coping strategies, baby conduct, and social support. Emphasised were early intervention and culturally relevant approaches for PPD screening, treatment and prevention.

**Conclusion:** This review stresses the necessity for comprehensive, culturally specific treatments addressing mother's mental health and child development and exposes the negative consequences of PPD on mother-infant bonding in Asia.

**Keywords:** Postpartum Depression, Mother-Infant Relationship, Asia, Cultural Factors, Systematic Review.



# Óscar Sánchez Suarez

What do we know about the impact of social media and online platforms on the uptake and effectiveness of pre-exposure prophylaxis (PrEP) to reduce HIV infection among adult men in Spain?: A scoping review

**Background:** HIV remains a major global health concern. Despite continued improvements in HIV/AIDS treatment and awareness, HIV transmission rates remain high among men who have sex with men (MSM) and transgender women (TW) in Spain. HIV pre-exposure prophylaxis (PrEP) has been shown to be highly effective and been implemented in Spain, but uptake remains low among MSM and TW due to barriers, such as stigma and lack of knowledge. This review addresses the efficacy and uptake of using social media and online platforms in understanding PrEP uptake behaviour and treatment adherence, and the use of PrEP as an HIV preventive measure through GSN geo-social networking applications.

**Methods:** A scoping review was conducted to search for studies on the impact of social media on the uptake of pre-exposure prophylaxis (PrEP) among adult men in Spain. The search covered English and Spanish resources and articles published from year 2014. The review followed Arksey and O'Malley's methodological framework for scoping reviews. Four electronic databases were used in this review: PubMed, Scopus, CINAHL, and Dialnet. Additionally, an exploration of grey literature, alongside a manual examination of the reference list of the selected studies, was carried out.

**Results:** The search found 245 unique sources. The initial screening identified 77 for full-text evaluation, with 13 articles meeting the inclusion criteria for the scoping review. The research studies were carried out exclusively in Spain and involved both Spanish citizens and foreign residents living in the country. Using online forums has been an effective method for sharing experiences, clarifying information and establishing a sense of mutual understanding among PrEP users. Positive results were observed in relation to behavioural alterations, knowledge enrichment, active participation and approval of PrEP as a preventive measure against HIV transmission.

**Conclusion:** Social media and online platforms such as mobile apps have been shown to be effective as an intervention strategy for HIV prevention among populations experiencing high-risk sexual behaviours, including MSM and TW. The use of digital platforms, such as online forums, plays a crucial role in reducing social stigmas while improving the dissemination of knowledge and the uptake of pre-exposure prophylaxis (PrEP).

**Keywords:** Social Media, HIV Prevention, PrEP Awareness, Adherence, Spain.



# Gayathri Sasikumar

Behind bars and changing climates: A global scoping review on the impact of climate change on the health of people deprived of their liberty

**Background:** Climate change poses significant risks to incarcerated populations, who are particularly vulnerable due to confinement and limited agency.

**Methods:** This scoping review examined the current literature on climate change's impacts on prison health to identify key themes and research gaps. A comprehensive search was conducted across multiple databases for peer-reviewed and grey literature. Studies were screened and data extracted following established scoping review methodologies.

**Results:** Thematic analysis was used to synthesize findings. Twenty-three studies met the inclusion criteria. Key themes included: 1) Geographic focus predominantly on the United States, with limited global perspectives 2) High vulnerability and exposure of incarcerated populations to climate hazards, particularly extreme heat 3) Significant health impacts, including increased mortality and mental health risks 4) Infrastructure challenges in prisons ill-equipped for climate stresses 5) Legal and policy considerations around constitutional rights and climate resilience 6) Inadequate disaster preparedness and response in correctional settings 7) Environmental justice and sustainability concerns in prison systems.

**Conclusion:** This review highlights critical gaps in empirical research on climate change impacts in prisons, especially in low- and middle-income countries. Findings underscore the urgent need for improved infrastructure, health interventions, and disaster preparedness in correctional facilities. The predominance of opinion pieces and legal analyses indicates a need for more data-driven studies. Addressing this complex issue requires interdisciplinary approaches integrating climate science, public health, and criminal justice perspectives. Policymakers and prison administrators must prioritise climate resilience measures to protect this vulnerable population.

**Keywords:** Climate Change, Prisons, Incarceration, Prison Health, Extreme Heat, Disaster Preparedness, Vulnerability, Infrastructure Challenges, Environmental Justice.



# Rosemary Sheils

The views and experiences of service providers working to integrate services for individuals with co-occurring serious mental health and substance use disorder in the United Kingdom: A qualitative systematic review



**Background:** Although the prevalence of co-occurring disorders, which includes both substance-use disorder and serious mental health, is widespread, the disposition and combinations of these disorders can vary greatly. In addition to a long recovery process, people who experience co-occurring disorders have a higher risk of developing other health concerns and may experience early deaths. Integrating mental health care with treatment for alcohol and other drugs has long been recommended to improve outcomes for people with co-occurring disorders, but despite this mental health and addiction services continue to operate in separate silos in many high-income countries. This review examined the views and experiences of service providers in high income countries on integrating co-occurring services and the factors that influence health outcomes.

**Methods:** The research involved a qualitative systematic review. A literature search was conducted using Medline, CINAHL, and grey literature from 2010 to April 2024. The population, interest and context framework were used to develop the search strategy. The inclusion criterion were primary qualitative studies within high income countries. The critical appraisal skills programme (CASP) qualitative checklist was utilised to evaluate the quality of the papers. Thematic synthesis was adopted to analyse the studies (Thomas and Harden, 2008).

**Results:** The review included 6 studies on diverse professionals' views on integrating mental health and addiction services. There were 3 analytical themes 1) appropriate training 2) management of care 3) barriers to the integration of mental health and addiction services. Several of the concerns and knowledge gaps regarding the integration of services were shared between service providers.

**Conclusion:** There are varying levels of knowledge and views regarding the integration of mental health and addiction services. However, service providers faced issues with a lack of training, experience and knowledge. More experience could reduce stigma and address uncertainties for better treatment outcomes and services for people with co-occurring conditions. This review was the first to provide a synthesis of the views and experiences of service providers in high income countries. Recommendations are made for policy, practitioners and service users. Furthermore, important implications for public health can be drawn from this review.

**Keywords:** Serious Mental Health, Substance Use Disorder, Service Provider, Service User, Co-Occurring Conditions, Dual Diagnosis.



# Sadia Tayyab Tahir

A quantitative survey to explore caffeinated energy drink consumption patterns and knowledge of its health impacts among Liverpool John Moores University students



**Background:** Energy drinks are a type of liquid beverage that often contains a large amount of caffeine and other ingredients such as taurine, guarana, vitamin B, ginseng, milk thistle, L-carnitine, and ginkgo biloba. Energy drinks are marketed as performance enhancers, but their excessive consumption has raised significant health concerns, including increased heart rate, high blood pressure, sleep disturbances, and risk of addiction. This study aimed to explore patterns of caffeinated energy drink consumption, reasons for consumption, the knowledge of the effects of energy drinks, and influence of this knowledge on consumption behaviour among students at Liverpool John Moores University.

**Methods:** This study used a cross-sectional quantitative survey design. A self-administered structured online questionnaire was distributed via the University's Canvas site and WhatsApp recruiting students from any discipline.

**Results:** Of 31 participants, 58% were female and 67% were aged 26-40. Eighty per cent were postgraduates and 77% were international students. Of these participants, 45% consumed energy drinks less than once a month. Primary motivations included energy boosts (41%), staying awake (38%), exam preparation (29%) and taste (29%). Advertisements (35%) and recommendations from others (22%) were key influencers. Despite 51% having high awareness of the health risks, consumption remained prevalent. According to participants increased heart rate and blood pressure, insomnia, increase urination, headache, dental decay, cardiovascular diseases were the most known side effects. Knowledge influenced consumption behaviour for 25% of respondents, but 22% remained unaffected, with 67% open to reducing consumption with more information. There was a statistically significant relationship between students' awareness of the side effects of energy drinks and how their knowledge about caffeine influences their consumption behaviour.

**Conclusion:** The findings highlight the need for targeted interventions to address knowledge gaps and promote healthier choices among university students. Effective health education, stress management, and public health campaigns are crucial. Further research is needed to explore the long-term effects of energy drinks and the effectiveness of intervention strategies to reduce consumption. Longitudinal, qualitative, and comparative studies will offer deeper insights and specific recommendations.

**Keywords:** Caffeinated Energy Drinks, Consumption Patterns, Health Impacts, University Students, Motivation, Consumption, Knowledge, Behaviour Change.



# Saira Tariq

A survey study exploring the knowledge of international students who smoke tobacco about smoking and its impact on reproductive health

**Background:** The consumption of tobacco poses considerable risks to reproductive health, but international students' understanding and views of these impacts are limited. Cultural, social, and educational influences shape their comprehension and conduct. This study aims to explore international students' knowledge about smoking and its impacts on reproductive health.

**Methods:** An exploratory quantitative survey was carried out using an online questionnaire posted on Facebook group recruiting international students in the UK. A convenience sampling method was used to collect data over 4 weeks.

**Results:** 31 participants completed the survey. All of them were current smokers aged 22-30 years. The number of male and female respondents were almost equal. Black students (58%) participated more than Asians (41%). Postgraduate students (67%) participated more than undergraduates. Of those who completed the survey, 45% were 16 years old when they first tried smoking; 80% were daily smokers; 12% were occasional smokers; 54% smoked 6-10 cigarettes per day; and 29% smoked 2-5 cigarettes a day. All the participants wanted to quit smoking to improve their health (74%) or to save money (25%). Also, 67% believed that smoking did not affect fertility in both men and women; and 93% had not received any prior education on smoking's effects on reproductive health. Of the sample, 87% wanted online resources for getting information and training on this matter.

**Conclusion:** This study provides an overview of international students' understanding of smoking's impacts on reproductive health which demonstrates a need to improve understanding, incorporate evidence-based content into the curriculum, host workshops and learning sessions, and start campaigns and public health policies.

**Keywords:** Smoking, Reproductive Health, International Students, Tobacco Consumption.





# Tenzin Tsukmey Tsukmey

How do students living in India's urban and rural areas perceive and experience the impact of lockdown on their mental health?: A systematic review

**Background:** The COVID-19 pandemic has presented significant challenges to global public health, with profound impacts on the mental health of students. This systematic review aimed to elucidate the perceptions and experiences of students residing in urban and rural areas of India regarding the mental health ramifications of the COVID-19 lockdown.

**Methods:** A comprehensive systematic review was conducted, synthesizing qualitative research studies focused on the mental health impacts of the COVID-19 lockdown on students. Studies published between 2020 and 2024 were retrieved from databases including CINAHL, MEDLINE, and Google Scholar. A thematic analysis and comparative analysis was employed to identify and analyse recurring themes pertaining to mental health impacts, challenges, stressors, and coping mechanisms.

**Results:** The review revealed that urban students experienced significant emotional distress due to social isolation and the transition to online education, manifesting in increased levels of anxiety, stress, and depression. The lack of face-to-face interaction, coupled with prolonged screen time, contributed to feelings of loneliness and physical health issues such as poor vision and back pain. Conversely, rural students faced fewer disruptions in social interactions but encountered unique challenges such as increased family responsibilities and early marriages driven by economic constraints. The educational disruptions were compounded by limited access to digital resources and reliable internet, significantly hindering their ability to participate in online learning. Urban students primarily relied on digital tools, structured routines, and virtual social interactions as coping mechanisms, which helped mitigate some of the negative effects of isolation. In contrast, rural students engaged in traditional activities, shared tasks, and family bonding, emphasizing the importance of physical presence and community support in managing stress.

**Conclusion:** This study highlights the necessity for tailored mental health support programs, educational reforms, and economic assistance to address the distinct needs of students in urban and rural settings. Recommendations include the implementation of mental health initiatives, enhancements in online education engagement, and financial support to prevent early marriages and promote educational attainment. The findings emphasize the critical importance of context-specific policies to support the mental health and educational needs of students during and following crises such as the COVID-19 pandemic.

**Keywords:** Lockdown, Mental Health, Rural Students, Urban Students, Stressors, Coping Mechanisms.



# Nengi Unah

## The psychosocial impact of uterine fibroids on black women in Sub-Saharan Africa: A scoping review

**Background:** Uterine fibroids (UFs) are a prevalent reproductive health issue globally, disproportionately affecting black women, particularly in Sub-Saharan Africa (SSA). These women face unique cultural, social, and economic challenges that may worsen the psychosocial impact of UFs. This research aims to address this knowledge gap through a scoping review, synthesising existing literature on the psychological and social impacts of UFs on women in SSA, and identifying research gaps to inform culturally sensitive interventions tailored to the needs of black African women.

**Methods:** A comprehensive search was conducted on PubMed, APA, PsycInfo, Scopus, and the grey literature, focusing on English-language studies. Additionally, reference and citation lists were examined. Titles and abstracts were screened, followed by full text screening. Studies were chosen based on predetermined inclusion and exclusion criteria, with a focus on the psychosocial aspects of UFs among black women in SSA.

**Results:** The initial search (n=772) yielded eight selected studies, including cross-sectional descriptive, mixed methods, and qualitative study designs. Thematic analysis revealed four key themes: psychological distress, social consequences (economic and cultural), effects on quality of life, and negative body image and sexuality, providing a nuanced understanding of UFs' effects on black African women.

**Conclusion:** The four themes elucidate the profound implications of UFs on black African women, encompassing anxiety, financial hardship, social isolation, and strained sexual relationships. Integrating psychosocial support and patient-centred care, developing culturally sensitive interventions and support groups, and addressing financial barriers to healthcare are indications for future research. Culturally sensitive interventions should be developed with local stakeholders and women with lived experience, incorporating family, spirituality, and community considerations. Addressing these gaps is crucial to improve outcomes, reduce disparities, and promote equity for black women with UFs.

**Keywords:** Uterine Fibroids, Psychosocial Impact, Black African Women, Quality of Life, Sub-Saharan Africa.



# Joshua Williams

A scoping review on contraceptive use (condom) and sexually transmitted infections in young people in Southeast Asia

**Background:** Sexually Transmitted Infections (STIs) is a public health concern due to the increasing incidence and prevalence around the world. Young People are mostly affected especially in Southeast Asia (SEA) due to involvement in risky sexual behaviours and lack of the use of condoms. The aim of the study is to explore studies which report on knowledge, awareness, attitudes, and risky behaviours related to STIs and condom use among young people in SEA.

**Methods:** This scoping review analyses the existing literatures to assess the extent of research that specifically investigates the topic of contraceptive use (specifically condoms) and sexually transmitted infections (STIs) in the population of young individuals residing in Southeast Asia (SEA). The PCC search Framework was adopted using key terms related to the topic and targeting articles published from 2010 to 2024, sought from CINAHL, Medline, Web of Science and PsycINFO. Duplicates were eliminated, followed by a sequential evaluation of the titles and abstracts, and finally a thorough examination of the relevant entire texts. Studies were chosen based on the given inclusion and exclusion criteria.

**Results:** Following the screening procedure, 11 studies were included in the review. Findings from the studies were categorized into four major themes; 1) knowledge and awareness of STIs 2) sociodemographic factors 3) factors associated with risky sexual behaviours, and 4) condom use and safe sex.

**Conclusion:** The review highlighted various factors associated with STIs and condom use in young people in SEA such as low levels of knowledge and awareness, engaging in unsafe sex, having multiple partners, and low socioeconomic status. This scoping review calls for increased investment in education, dissemination of information and awareness, interventions that emphasize self-efficacy in condom use and condom negotiation to prevent STIs and increase condom use.

**Keywords:** STIs, Young People, Southeast Asia, Condom Use.



# Rose Worgu

A quantitative secondary data analysis to explore the socio-economic impact affecting teenage pregnancy in Nigeria

**Background:** This study explored the socio - economic factors affecting teenage pregnancy in Nigeria, a significant public health issue with profound implications for adolescents' health, education, and economic prospects.

**Methods:** The study utilized secondary data analysis, drawing from a dataset of 8,760 teenage women aged 15-19 in Nigeria. Chi-square tests and logistic regression were employed to analyse the associations between teenage pregnancy and various socio-economic factors, including age, education, geopolitical zone, ethnicity, wealth index and religion. Awareness levels related to technology use and pregnancy avoidance methods were also assessed.

**Results:** The results revealed significant correlations between teenage pregnancy and factors such as lower educational attainment, economic status, and regional disparities. Additionally, awareness and access to technology significantly impacted pregnancy outcomes among teenage women.

**Conclusion:** The findings underscore the need for targeted interventions addressing socio-economic disparities and enhancing awareness to mitigate teenage pregnancy in Nigeria. Recommendations for comprehensive strategies involving government and secondary education departments are provided, with a focus on policy development, sex education, and parental involvement.

**Keywords:** Teenage Pregnancy, Adolescence, Socio-Economic Status, Health Inequalities, Sex Education, Nigeria.



**For more information, please contact the editorial team:**

Dr Jen Germain: [J.S.Germain@ljmu.ac.uk](mailto:J.S.Germain@ljmu.ac.uk)

Dr Jane Harris: [J.Harris@ljmu.ac.uk](mailto:J.Harris@ljmu.ac.uk)

Dr Conan Leavey: [C.Leavey@ljmu.ac.uk](mailto:C.Leavey@ljmu.ac.uk)

Dr Lorna Porcellato: [L.A.Porcellato@ljmu.ac.uk](mailto:L.A.Porcellato@ljmu.ac.uk)







**PHI** | Public  
Health  
Institute

LIVERPOOL JOHNMOORES UNIVERSITY

---

Public Health Institute  
Faculty of Health  
Liverpool John Moores University  
3rd Floor, Exchange Station  
Tithebarn Street  
Liverpool  
L2 2QP

**Telephone:** +44 (0)151 231 4511

**Email:** [phi@ljmu.ac.uk](mailto:phi@ljmu.ac.uk)