

Public Health Institute Journal

“Celebrating academic work
by PHI students”

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Welcome

Welcome to the fourth issue of the PHI journal. This issue, our guest editorial comes from Zoe Swithenbank. Zoe began her academic journey at LJMU back in 2001, completing a BA in Literature and American Studies. She then joined the Public Health Institute in 2016 to study for an MSc in Public Health: Addictions, and continued at PHI for her PhD in Public Health.

Despite prior study, my first experience of writing a dissertation was for my MSc in Public Health: Addictions. I remember being a little daunted by the prospect (especially of having to do a viva) and a little overwhelmed with choosing a topic. As the students featured in this edition of the journal demonstrate, there are so many fascinating areas within public health to choose from. After changing my mind several times, I went with a topic that I was most interested in, and believed was an important area for research. In the end, I went with the less 'glamorous' sounding topic of smoking cessation, but it's a subject that I find interesting and care about, so I never got bored of it. In fact, it opened up opportunities for me for further work and study, and formed the basis for my PhD.

A dissertation is hard work and can be challenging at times, so having a topic you care about and find interesting certainly helps on those days when you wonder why you even considered doing an MSc! I was fortunate enough to have supportive and insightful supervisors who helped me to produce a dissertation that I was proud of, and I hope our students feel the same way. For me, supervising students is a rewarding activity and I enjoy passing on some of the skills and knowledge I have gained throughout my time studying and working at LJMU. It's also a great opportunity to learn from and with our students as there are so many fascinating topics to cover. In a post-COVID landscape, it is reassuring to see how research and study have evolved and how these students have adapted to new ways of working.

The dissertations included in this journal cover a broad range of topics and methodologies, and are a testament to the hard work and dedication the students have demonstrated throughout their time at LJMU. They also give some insight into the public health issues we face today and provide hope that the next generation of researchers will have a positive impact on the many facets of public health. This journal offers a well-deserved platform to showcase the work of these students and to celebrate their successes, and I hope they continue to learn and succeed in whatever they do next.

Zoe Swithenbank

Kristen Abraham

What is the role of emotional regulation in children and young people with a diagnosed eating disorder and self-harming behaviours? A systematic review

Abstract

Background: Eating disorders and self-harm are commonly presenting conditions with children and young people and both conditions have similar traits. With 30%-40% of young people with a diagnosed eating disorder presenting with self-harming behaviours, it is important to understand the role that emotional regulation plays within the two conditions as this can inform practice, contribute to a thorough assessment and treatment plan and inform future policy and guidelines. This review will be focusing on the role of emotional regulation within children and young people with diagnosed eating disorders and will also link it to Non-Suicidal Self-Injury (NSSI).

Methods: A quantitative systematic review was undertaken. A literature search was conducted on databases, CINAHL, PsycInfo, and Web of Science using the search strategy developed using the Population Exposure Outcome (PEO) framework. The inclusion criteria was groups of children and young people (25 years and younger) with a diagnosed eating disorder, where the young person is also presenting with some form of self-harm. JBI's Critical Appraisal Tool Checklist was used to appraise the quality of the included studies. All studies involved the use of the Difficulties Emotional Regulation Scale (DERS) questionnaire within their research.

Results: Six studies were eligible to be included within the review. The overall quality of the studies ranged from weak to good. The studies identified three potential outcomes (prevalence of eating disorders overlapping with NSSI, different types of NSSI and the role of emotional regulation within eating disorders and NSSI). The review clearly demonstrates that NSSI can be used to regulate emotional feelings however the emotional feelings need to first be present. It further demonstrates that individuals with the co-occurrence of eating disorders and NSSI have an intensified emotional state, relying on several forms of emotional regulation. This suggests there is emotional under regulation within his group and possible difficulties in accessing the domains of emotional regulation. The review also demonstrates that the relationship between eating disorders and NSSI can be reinforced by emotional regulation.

Conclusion: The findings from this review suggest that emotional regulation plays a role in self-harming behaviours in children and young people with diagnosed eating disorder. It also highlights that more research is needed into eating disorders from an individual perspective, in addition to the individual self-harming behaviours.

Keywords: Eating Disorder, Self-Harm, Emotional Regulation



Ighodaro Aibangbe

A survey on the barriers to uptake of sexual and reproductive health services amongst LJMU students

Abstract

Background: University students acquiring Sexually Transmitted Infections (STI) can be linked to engagement in casual sex, high-risk social behaviours and inconsistent condom use. As such, most Universities offer a wide range of sexual health services to prevent and manage STIs, as well as unwanted pregnancies, and aim to promote healthy sexual behaviours. However, regardless of the availability of these services, university students can often delay or avoid access to these services with male students particularly being either unaware of or hesitant to seek guidance and treatment relating to their sexual health. Factors perceived to influence students accessing sexual health services includes the availability of services, concerns about confidentiality and the stigma associated with using such services.

Methods: Liverpool John Moore University Students (LJMU) were recruited to an online questionnaire. The questionnaire consisted of three sections; 1) demographics, 2) participants knowledge of sexual and reproductive health services (SRH), and 3) barriers to accessing services. The questionnaire was advertised in University buildings, through social media and via a University gatekeeper. Data was analysed using both descriptive and inferential statistics via SPSS.

Results: Eighty-five LJMU students participated in this study. One in three (30.6%; n=26) identified as male and 69.4% (n=59) as female. For age, 14.1% (n=12) participants reported being below 20 years of age, 35.3% (n=30) were between 20 and 24 years, 27.1% (n=23) were between 25 and 29 years, 16.5% (n=14) were between 30 and 34 years and 7.1% (n=6) reported being 35 years and above. Over a third (34.1%; n=29) were students of the Faculty of Health, 23.5% (n=20) reported being students of the Faculty of Science, 18.8% (n=16) were students of the Faculty of Business and Law, 14.1% (n=12) were students of the Faculty of Engineering and Technology, 9.4% (n=8) were students of the Faculty of Arts, Professional and Social sciences. The majority of students (66.7%; n=56) preferred accessing SRH service face to face, with 22.6% (n=19) preferring to access online services and 10.7% (n=9) preferring phone access. Students generally received SRH information from healthcare providers and hospitals (39.3%; n=33), with 25% (n=21) receiving advice from the media, 21.4% (n=18) from their friends, 4.8% (n=4) from family, and 9.5% (n=8) reported teachers as their main sources of SRH information.

Conclusion: LJMU students should be encouraged to access SRH knowledge and services with services needing to be visible. Further research could explore the design of digital interventions, however these require service user involvement.

Keywords: Sexual Health, University, Students, Services, Barriers



Mohammed Alaagib

What is the relationship between the mortality rate among hospitalised diabetic patients and COVID-19? A systematic review of quantitative studies

Abstract

Background: The global COVID-19 pandemic has significantly contributed to the mortality rate all over the world. Data demonstrates that the people who succumbed to death were often people diagnosed with chronic diseases, particularly diabetes and other underlying risk conditions. Although there are comprehensive studies on COVID-19, there are limited studies examining the relationship between the two COVID-19 and diabetes. Thus, this paper aimed to explore the relationship between the mortality rate among the two diseases, namely COVID-19 and diabetic Mellitus.

Method: An evidence-based systematic approach has been adopted by analysing quantitatively the five studies based on different countries. These studies were cohort and cross-sectional studies based on observing diabetic and non-diabetic patients in various hospitals and health centres during the pandemic phase. The study used the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) and Critical Appraisal Skills Programme (CASP), and Joann Briggs Institute (JBI) instruments for appraising the validity of the selected studies and synthesised via narrative synthesis.

Results: The findings demonstrated a strong relationship between COVID-19 and diabetic patients' death rate. Moreover, this paper also explained why COVID-19 infection had a fatal impact on diabetic patients, particularly elderly and young participants. It was found that obese diabetic patients, and participants with higher levels of HbA1c, LDH and C-reactive protein, were more affected than other Covid-19 infected patients. Also, this review revealed that HbA1c is equally connected to the mortality rate in diabetic and undiagnosed diabetic people.

Conclusions: The results enhance the concern on the control mechanism of blood glucose levels, LDH and CRP to policymakers and health communities. Also, suggest more research on this area with a larger sample size and control group of diabetic people with HbA1c as an essential element so that the risk of infection is minimised, and the mortality rate is diminished. Additionally, tackling poverty and obesity problems in communities is key to preventing diabetes mellitus.

Keywords: Covid-19, Diabetes, Blood Glucose Levels, Mortality Rate, Hospitalised, Co-morbidities. LDH, CRP.



Abdullah Al-Azzawi

The Impact of COVID-19 on medical practitioners' mental health: A scoping review

Abstract

Background: Providing care and treatment throughout the COVID-19 pandemic has put front-line medical practitioners under physical and psychological pressures. Mental health is a critical public health issue which is often overlooked in mental practitioners. The aim of this scoping review is to explore and systematically review existing studies on the impact of COVID-19 pandemic on mental health of medical practitioners worldwide.

Methods: A review of relevant studies was followed to address the question of the review. The studies were identified using relevant databases (MEDLINE, PsycInfo, CINAHL and Google for grey literature). Title and abstract screening were completed prior to full text examination of the studies. The five-stage methodological framework developed by Arskey and O'Malley for scoping reviews was utilized. Extracted data were classified and analysed using a narrative synthesis and summarized accordingly.

Findings: Following removal of duplicates and screening against inclusion and exclusion criteria, 21 studies were included in this review. Multiple mental health concerns were identified and categorised into three core themes 1) Burnout 2) Stress-Anxiety-Depression, and 3) Post-traumatic stress disorder and other mental health concerns.

Conclusion: This scoping review highlights the mental health issues that medical practitioners faced and describes the risk factors that triggered these concerns during the height of the pandemic. It also provides recommendations for practitioners and organizations to enable doctors to cope better with mental health issues including. These recommendations include spreading awareness, encouraging practitioners to seek early help, and tackling stigma.

Keywords: Medical Practitioners, Mental Health, COVID-19, Frontline, Scoping Review



Ann Treesa Alex

A quantitative study to assess the perceived stress and coping strategies among undergraduate nursing students at Liverpool John Moores University

Abstract

Background: Nursing students are exposed to a variety of stresses during their studies and clinical training. Stress has been recognised as a disease of the 20th century and contributes to health problems worldwide. In recent years, there has been a growing understanding of the stresses and quality-of-life concerns and associated with medical training and the impact these may have on students' learning and academic performance. For students entering the nursing career, it is therefore important to identify their levels of stress and associated coping mechanisms. The specific aim of the study is to assess the perceived stress and coping strategies experienced by undergraduate nursing students at Liverpool John Moores University (LJMU).

Methods: A descriptive quantitative study of LJMU nursing students was carried out. An online self-administered and validated questionnaire was used to evaluate the sources of stress and coping strategies of students. The survey was completed by a total of 44 participants. Most respondents (86.4%) were female and older than 26 years old (50%).

Results: The primary findings of the study revealed that most participants (89.0%) feel under pressure because of their studies. The individuals' overall stress levels were compared based on their age, sex, and nationality; however, no statistically significant differences could be seen. In relation to coping mechanisms, a significant proportion opt to correct themselves by giving lectures to themselves (22.7% very frequently, 43.2% frequently). Techniques such as venting problems to others (40.0%), changing anything about themselves (18.2% very frequently, 34.1% frequently) and seeking family help (27.85%) were also commonly used. Whilst finding a spiritual path (68.20%) and receiving expert advice and counselling for assistance (56.80%) were seen as the never-used options. In addition, four main categories of stress sources were examined. Studying (53.3%) and the imbalance of coursework and practical work (54.5%) were found to be the primary sources of stress. This was followed by lack of free time and pressure from family/mentors. The final part of the questionnaire included the Perceived Stress Score, where a total score is calculated and compared based on age, sex, and nationality. Perceived Stress Scores range from a minimum of 5 to a maximum of 38. The mean of the total score is 19.13, and the standard deviation is 6.94.

Conclusion: Compared to men, most women experience higher levels of stress, and research suggests academic pressure is one of the main causes of stress. Although students use a variety of coping mechanisms, none was determined to be of professional significance. Therefore, there is a need for an improved mental wellness programme for nursing students at LJMU, that focuses on enhancing the students' psychological health. This enables individuals to adapt into a professional employment without feeling burnt out.

Keywords: Stress, Stressors, Coping Strategies, Nursing Students, Psychological Wellbeing, Academic Overload



Neha Maria Augustine

Assessing the knowledge and attitudes to sexual and reproductive health education among young adults in Kerala, India

Abstract

Background: In India, sex education is considered a controversial topic with many taboos existing. Whilst this is irrespective of religious and political views it is thought that sex education can impact negatively on the values and culture of Indian traditions. Due to the high incidence of HIV/AIDS, teenage pregnancy, and other sexually transmitted diseases in India there is a need for comprehensive sex education within the curriculum. However, there are opponents and proponents for this. The current study aims to explore the knowledge and attitude of sexual and reproductive health among young adults in Kerala, India to further knowledge concerning whether young people in Kerala require sex education as part of their curriculum

Methods: A cross-sectional study was carried using validated questionnaire and 121 participants aged between 18-24 years of age participated in the survey. The survey was online and advertised via social media. The data were analysed using SPSS software, chi-square test was used ($p < 0.05$ considered as significant)

Results: The majority of participants were female (74%). There was a statistically significant difference found between men and women's attitudes towards sexual abstinence ($p = 0.039$). The majority of participants thought unsafe sexual practices was one of the major health issues encountered by the younger generation. There was a statistically significant difference among male and female participants opinions towards multiple sexual partners ($p = 0.040$); the majority (85%) of females believe that it is better to have sex with one partner, with 69% of male students sharing this view. Over 80% of students had good knowledge regarding reproduction including fertilization, and physical changes happening in puberty. However less students (69%) held good knowledge concerning sexually transmitted diseases that can lead to infertility. Overall, female students had comparatively better knowledge than male students. Participants reported obtaining their sexual health information from peer groups (75%), followed by internet (54%). Whilst 70% of female students obtained information from health professionals this was much lower for male participants (25%). The majority of students (93%) favoured sexual education being included in the curriculum.

Conclusion: This study highlights differences in sexual and reproductive health knowledge and behaviours between males and females, as well as an overreliance on receiving sexual health information from peer groups. Participants advocated for sexual education being included in the curriculum, and this study recommends that school-based sexual health education in considered within India.

Keywords: Sexual and Reproductive Health Education, Knowledge, Attitude, Gender, Teenagers, Young people, Kerala, India



Manish Bali

What can stop vapers from quitting a vape? A systematic review of motivators and barriers for vaping cessation in young people and adults in the USA

Abstract

Background: Vaping seems to be an emerging public health issue in the USA. The growing popularity of e-cigarettes that provide large quantities of nicotine has prompted healthcare professionals to express their worry about the possibility that current adults and the generations of young people who will follow them could develop an addiction to nicotine. The aim of this systematic review lies in identifying the factors that motivate young people and adults in the USA to quit vaping and those factors that deter them from quitting vaping. This review was conducted to combine the best qualitative evidence to understand these factors that influence the decision-making process.

Methods: The electronic databases, PubMed, Scopus, and CINHAL, were used to perform the literature search and to retrieve relevant literature records that met the search criteria. PICO framework was used to develop the search strategy. From the 963 records that have been identified, 5 studies have been selected. Utilizing the CASP (2018) Qualitative Checklist, the included studies were assessed for their quality. Thematic synthesis was used in the analysis of these studies.

Results: This systematic review has identified the motivators and the deterrents of quitting the use of e-cigarettes among young people and adults in the USA. While health concerns, academic and other performance, and financial cost have been identified as motivators, social influence, cravings to use, unsuccessful attempts to quit, ease of accessibility and lack of restrictions, and no support for quitting, are the factors that deter quitting e-cigarettes.

Conclusion: To make preventative and treatment interventions relevant and interesting for the population they intended to serve, the experiences of the target population should be considered. The primary insights from the target population, which include monetary costs, a loss of autonomy, strained relationships, poorer academic performance, and other performance, should be considered while accounting for public health risks associated with e-cigarettes.

Keywords: Electronic Cigarettes, Vaping, Cessation, Motivators, Deterrents, Young People, Adolescents, Adults, Nicotine, Flavour, Cravings



Chloe Booth

Exploring higher education student sex work and current interventions: A scoping review

Abstract

Background: Student involvement in the sex industry is growing in popularity, yet universities are lacking in policies and support to protect those involved. This review aims to systematically explore the existing literature that looks at student sex workers, the key topics that surround them and the responses of higher education institutions.

Methods: A scoping review was carried out between January 2022 and August 2022 to explore what is known about student sex work and the higher education policies to support those involved in the industry. A comprehensive search of four key databases using predefined search terms was carried out to identify available literature. All relevant studies were identified using the predetermined inclusion and exclusion criteria. Data extracted from these studies included author, year and study aims. A combination of tables and thematic analysis were used to map out the data extracted from the available literature.

Results: Twenty-eight studies were identified as being potentially relevant to this review, after removal of duplicates and screening of abstracts and full texts against the inclusion and exclusion criteria, as well as grey literature and citation searching, 22 studies were included in the review. Ten key themes were identified: types of student sex work, motivators for engaging in student sex work, student sex workers' experiences in industry, student earnings in the sex industry, risks of student sex work, risky behaviours associated with student sex work, effects of student sex work on mental health, attitudes and awareness towards the student sex industry, career development, and institutional policies on student sex work.

Conclusion: This review finds that student sex workers are primarily motivated to enter the industry for financial gain, and that students experiences in the sex industry differs from person to person. Students in the sex industry are more likely to engage in health harming behaviours as well as being predisposed to risks such as violence, sexually transmitted infections (STIs) and poor mental health. Despite this, there are a lack of university policies and support which are tailored to the needs of individual student sex workers. Several gaps in the literature have been identified as well as a number of recommendations for support.

Keywords: Students, Sex Worker, Motivator, Risks, University, Policy



Cara Citraro

Experiences and perceptions of suicide amongst at-risk indigenous people in the USA and Canada: A qualitative systematic review

Abstract

Background: Suicide is a global public health issue claiming the lives of approximately 700,000 people each year. Notably, studies show that indigenous people suffer significantly higher suicide rates compared to non-indigenous people and this is markedly evident within the United States of America and Canada. Some risk factors for suicide among indigenous people are the same as the rest of the population, however, there are certain risk factors that appear to differ in their importance for indigenous communities. In an effort to better understand the culturally specific suicide pathways amongst this population, and subsequently inform the development of community level suicide-prevention interventions, this review investigated the perceptions and experiences of suicide amongst at-risk indigenous peoples of the US and Canada.

Methods: A qualitative systematic review was conducted to investigate this phenomenon. Literature searches were carried out on two electronic databases (PsycInfo and Web of Science). A search strategy was developed using the PICO framework. Results from the literature search were screened in a two-step process and a quality assessment was carried out on the relevant studies using the CASP (2018) Qualitative Checklist. Analysis of the included studies was executed using a thematic synthesis approach.

Results: Eight studies were included in the review. Three analytic themes emerged: individual suicide risk-factors; external risk-factors linked to colonization; and healing and resilience. The theory of intersectionality was found to be particularly important in explaining the culturally specific suicide pathways amongst this group. Furthermore, the theme of healing and resilience was found to be significantly relevant for the development of suicide-prevention interventions.

Conclusion: This study shows that the history of colonisation has resulted in both a loss of culture and self-determination amongst indigenous people, and this in turn has elevated the risk of suicide amongst this population. Consequently, to help reverse this negative trend, it is important that suicide-prevention efforts incorporate cultural values and knowledge into appropriate interventions and indigenous people feel empowered to actively engage in and support these efforts.

Keywords: Suicide, Indigenous, At-Risk, Perception, Experience, Intersectionality, Culturally Relevant Interventions



Piyumani Daraniyagalage

Exploring LJMU students' intentions for future lockdowns due to COVID-19 (What they say and what they would do)

Abstract

Background: The COVID-19 pandemic impacted on the way we lived with specific laws and regulations which needed to be observed. Given the ongoing risks of the coronavirus, there is still potential for future lockdowns, however little is known about attitudes and intentions towards this. This study explored Liverpool John Moores University (LJMU) students' attitudes towards previous lockdown and restrictions, their attitudes towards future lockdown and restrictions and finally to assess student compliance with lockdown rules and regulations.

Methods: A quantitative descriptive cross-sectional study was conducted with students from the Faculty of Health, LJMU. A 25 item self-administered online survey was created which asked participants for 1) demographic data, items and 2) attitudes towards previous COVID-19 pandemic and potential future pandemics. Ethical approval was obtained from the LJMU Research Ethics Committee. The survey was shared with students via email and through posters with a QR code which were displayed in university premises. The collected responses were entered into Microsoft Excel, coded and exported to SPSS 25. Descriptive data statistics were utilised to show frequencies and percentages.

Results: The study sample consisted of 41 participants, of these 65.9% were female and the majority of students were enrolled on the MSc in Public Health (75.6%). The majority of the participants (68.3%) had been infected with COVID-19 at least once. The highest proportion of students felt that the COVID-19 pandemic was 'a little in the past' (34.1%) with 29.3% feeling that COVID-19 was still happening. Over a third (36.6%) of participants felt agreed that ending COVID-19 restrictions in the future would carry benefits, with 61.0% of participants stating that any future lockdowns would affect their daily activities. Less than four in ten participants (39.0%) strongly agreed that they complied with all COVID-19 restrictions during the pandemic.

Conclusion: Overall LJMU students saw COVID-19 restrictions as a past event. Whilst attitude differences were noted between males and females participants, it should be noted that this study had a small sample size. Concerning intentions related to the future pandemics, university students stated that they wished to end current COVID-19 pandemic related restrictions. Furthermore, it revealed that future pandemics and associated lockdowns would interrupt their daily activities. If future pandemics or lockdowns were to occur, LJMU should consider their role in providing information sharing strategies, coping mechanisms, and influencing motivations for restriction compliance.

Keywords: COVID-19, Pandemic, Lockdown, Restrictions, University, Students, Intentions, United Kingdom



Oluwatobiloba Fifelomo

A qualitative study exploring the role of social media in providing social support for new mothers 6-12 months post-partum in Nigeria.

Abstract

Background: Considering the wide use of social media and how it is rapidly influencing the world today, a qualitative study was carried out to explore the role of social media and how it provides support for new mothers. The purpose of this study is to explore how social media provides social support for new mothers, what social media platforms new Nigerian mothers use to access social support and why they use social media to access social support.

Methods: The study employed remote semi-structured online interviews of new mothers with babies between the ages of 6-12 months using a qualitative phenomenological methodology. Using the purposive sampling method, a sample of eight participants was gathered. Thematic analysis was used to analyse interview transcripts.

Results: This study found that a significant number of new mothers in Nigeria 6-12 months post-partum utilise the Internet to find knowledge and social support. Social media has greatly benefited the mental health of new mothers in Nigeria because it has allowed them to connect with a variety of support groups designed to give new mothers a sense of community and give them a forum to talk about their experiences. Through these interactions, solutions have also been offered, and it has been a good source of support for new mothers post-partum.

Conclusion: The use of social media as a form of social support is becoming widely accepted in part due to the twenty-four/seven (24/7) availability of resources, ease of access, and social acceptability of accessing social media and the Internet. Social media goes a long way in providing new mothers with emotional support to promote her individual strengths and capabilities.

Keywords: Social media, Social support, 6-12 Months Post-Partum, New Mothers, Nigeria



Ann Marie Farrugia

Improbability or impossibility? A qualitative study exploring the stakeholder's perception of barriers homeless populations face within cancer screening.

Abstract

Background: Homeless populations are highly susceptible to cancer yet despite such high-risk cancer profiles, cancer screening uptake amongst them remains poor. Although such low rates are alarming as they may lead to a lack of timely cancer diagnosis and treatment, few studies have sought to understand what may be contributing to a lack of engagement of homeless populations with cancer screening. Despite playing a highly crucial role in the lives of those facing homelessness, stakeholders who provide such individuals with the necessary support have never been included in studies on homelessness and cancer screening. This study addresses this, exploring stakeholders understanding of the lived reality of such groups, and any barriers they may face with cancer screening.

Methods: This study adopted a qualitative research design, which made use of semi-structured interviews with eight participants. For this study, thematic analysis was chosen, and four themes were derived from the interview transcriptions after adopting the six-step coding framework by Braun and Clarke.

Results: Consistent with social-ecological models of health-seeking behaviour amongst homeless populations, this study has found that homeless populations face consistent barriers to cancer screening at the individual, peer, community, institutional and cultural levels. Such barriers were found to transcend beyond a lack of physical resources as they also include latent healthcare seeking patterns, as well as a lack of funds being invested into hospitals and homeless support services, which all come to affect the populations' ability or willingness to screen for cancer.

Conclusion: This study has concluded that cancer screening barriers often exist or are derived from the wider health and social inequalities homeless populations face, hence, there is a pressing need to address such inequalities in conjunction with addressing the minimisation of cancer screening barriers. This study has also concluded that national screening campaigns have consistently failed to address the difficulties and challenges current screening strategies may pose to homeless populations, and that targeted cancer screening interventions that seek to include those facing homelessness in their design and plans of action are required.

Keywords: Homelessness, Housing concerns, Healthcare Access, Cancer Screening, Healthcare Barriers, Early Detection, Treatment Plans.



Abstract

Background: The internet is a powerful tool for individuals searching for health-related content for their own requirements. The internet provides young people with the opportunity to research and explore a range of relevant health issues. Widespread access to the internet could reduce social inequality by reducing the barriers that can prevent people from sustaining their physical and mental health effectively. Hence, this scoping review explores how young people use the internet to access information on health issues and the pros and cons of health-related internet use.

Methods: A scoping review was selected to allow broader options for critical evaluation of the papers. A five-stage process explained by Arksey and O'Malley was followed for conducting the study. In this process, the Population-Concept-Context (PCC) framework, the inclusion and exclusion criteria were established.

Results: A total of 790 papers were potentially relevant to the aim and objectives set for the review. Once the duplicates and paid-access articles were removed, and other inclusion criteria such as year of publication from 2010 to 2020, relevance in titles and abstracts, population age from 14 to 24 years of age, etc. were applied, it led eventually to 10 papers to be selected for the review. Once the screening and critical assessment has been done, the papers were discussed using six key themes, mentioned later in the paper.

Conclusion: It has been observed that this topic of interest has not received much comprehensive work. However, the authors of these articles agreed that since the use of internet is widespread among young people, it is inevitable that they require internet to search for health and medical information more than the other age groups. It is obvious that more knowledge is required in order to appraise the quality of information given on the internet and identify authentic websites or applications for health information. There are significant gaps identified in the research as well which point towards future studies.

Keywords: Internet Use, Health Information Seeking, Health Decision Making, Young People, Youth



Abstract

Background: The dual epidemic of noncommunicable diseases (NCDs) and HIV (Human Immunodeficiency Virus)/AIDS (Acquired Immunodeficiency Syndrome) in Sub-Saharan Africa (SSA) has increased substantially in recent times, with prison populations also being impacted. Cardiovascular disease (CVD) is a significant contributor to the burden of NCDs. Despite their health vulnerabilities, very little is known about cardiovascular NCDs (NCCVD) in the SSA prison population. This scoping review aims to map and describe what is known about NCCVD in the SSA prison population.

Methods: A scoping review methodology was utilised, with a particular focus on mapping what is currently known about NCCVD in SSA prison populations, in terms of trends and common themes, identifying gaps in knowledge and areas for future research. A systematic search of peer reviewed literature with no date limitation was conducted in key databases between April and July 2022. Following the application of predetermined inclusion and exclusion measures, 16 studies remained, reflecting papers from six SSA countries. The data extracted was charted, categorised and thematically analysed.

Results: Literature included in the review was drawn from sixteen studies conducted in Burkina Faso, Cameroon, Ethiopia, Ghana, Guinea and Nigeria. These were predominantly observational studies, comprising of mainly cross-sectional, retrospective and case-control studies. The main themes that were generated from an in-depth thematic analysis of these studies were: custodial deaths and autopsy, cardiorespiratory fitness (CRF) and exercise, elderly inmates and CVD, women and CVD, influence of sleep patterns on CVD, and burden of CVD and associated risk factors.

Conclusions: Routine monitoring and expansion of existing healthcare services in prisons are crucial in tackling the NCD epidemic in SSA prisons. Most natural deaths at autopsy of custodial deaths are due to CVD. CRF is low in prisons, worsened by the closed environment and lack of effective intervention programmes aimed at tackling risk factors for CVD. The plight of elderly prisoners and women remains unaddressed, worsened by the burden of a multitude of additional risk factors and poorer health outcomes. There is substantial need to expand the body of knowledge on NCDs in SSA prisons and improve current prison health systems through integration of NCD services with existent infectious disease (HIV and tuberculosis) prison programmes. Poor sleep patterns and dietary deficiencies are likely contributors to the burden of CVD in SSA prisons. Future prison health research focused on these areas can provide a foundation for effective health intervention programmes appropriate to the prison environment.

Keywords: Prison, Inmates, Sub-Saharan Africa, CVD, NCDs



Yassamine Ghazzali

Understanding “moon face”: The non-medical use of corticosteroids amongst women in the Middle East and North Africa context

Abstract

Background: In order to adhere to specific beauty standards, women in the Middle East and North Africa (MENA) resort to various methods such as traditional mixes, dietary changes, or medications (including corticosteroids) to achieve a desired physical appearance. Their specific reasons for using such methods may be different, but their common goal is to gain weight. A consequence of corticosteroid use is ‘moon face’, where extra fat builds up on the side of the skull which causes the face to have a round, puffy, or full appearance, however this side effect can also be a desired outcome. The aim of this scoping review is to explore the use and motivations of corticosteroids for weight gain and other cosmetic reasons by women in MENA.

Method: A scoping review was utilised to understand why women use corticosteroids for non-medical use. A search of peer reviewed literature was conducted in key databases, and in English, French and Arabic languages, limited to countries within the MENA region. Initial searches resulted in 270 studies and following removal of duplicates and screening, 8 articles were included. The data extracted was charted, categorised and thematically analysed.

Results: The review highlighted that there is an extremely limited peer review base pertaining to the use of corticosteroids among MENA women for the purpose of gaining weight. From the extant literature, several themes were identified comprising 1) Motives and drives of use for beautification and weight gain, 2) The availability and easy access to corticosteroids, 3) Side effects of unregulated corticosteroid use, and 4) Implications for clinical practice and public health.

Conclusion: The review highlights the various motivators for MENA women use of corticosteroids as a method to gain weight and modify their physical appearance. This review also calls for stricter laws around the dispensing of medications in MENA and for more research around the concept of ‘moon face’.

Keywords: MENA, Women, Appearance, Moon Face, Corticosteroids



Sarah Giff

“Free, safe, legal, local”: Examining barriers to abortion services in the Republic of Ireland after the repeal of the 8th Amendment

Abstract

Background: The Republic of Ireland's (ROI) abortion legislation can be considered one of the most repressive and restrictive abortion laws in the world. Whilst the implementation of the Health (Termination of Pregnancy) Act 2018 is a significant advancement in abortion provision, there are still key issues within the Act. As a lack of access to safe abortion care is a critical public health and human rights concern, the research aims to gain insight into the experience of those who have accessed or attempted to access an abortion in the ROI since the introduction of the Health Act 2018. As this research topic can only be investigated from January 2019, this research aims to fill the gap in literature concerning legal and non-legal barriers associated with accessing abortion care in the ROI.

Methods: An exploratory quantitative study was conducted using online, anonymised, self-administered questionnaires. Research participants were selected purposefully, whereby only individuals over the age of 18 who successfully accessed, or attempted to access abortion care services in the ROI following the implementation of the Health Act were permitted to partake in the study. The study comprised of both inferential and descriptive statistical data. Quantitative data was transferred to Microsoft Excel, where results were presented through pie charts, histograms, and tables. Quantitative data was analysed and coded thematically to ensure that relevant themes emerged that complemented the study's objectives.

Results: 32 participants completed the anonymised online questionnaire (Appendix 1), establishing multiple key findings. Significantly, 28% of participants' individual circumstances did not meet the criteria outlined within the Health Act to successfully obtain an abortion in the ROI. Specific to the legal barriers, the geographical unevenness of services was faced by 50% of respondents, the mandatory 3-day wait was a barrier for 34% of respondents and gestational limits affected 17% of respondents. Further, 21 respondents revealed that they had to travel to access care - with 12 respondents forced to travel abroad and 9 participants made to travel locally. Significantly, 10 respondents did not receive any follow-up care, and 23 respondents encountered anti-abortion campaigns when accessing abortion services. Further, 41% of respondents felt that COVID-19 exacerbated their experiences accessing abortion care.

Conclusions: Whilst the study suggests that the implementation and expansion of abortion services under the Health Act is positive, the research also identifies multiple legal and non-legal barriers specific to Ireland that restrict access to abortion care services.

Keywords: Reproductive Health, Abortion, Republic of Ireland, Eighth Amendment, Health (Termination of Pregnancy) Act 2018, Moral Conservatism, Catholicism, Stigma, Conscientious Objection, Telemedicine



Laura Gildea

The views and experiences of transgender and gender non-binary communities and healthcare professionals regarding healthcare provision and the educational requirements to address health inequalities: A systematic review of qualitative studies

Abstract

Background: Transgender and gender non-binary (GNB) individuals experience significant health inequalities and have a greater likelihood to be denied healthcare than their non-transgender peers. Transgender and GNB communities also experience physical, verbal and sexual violence and discrimination in healthcare, which can lead to delaying care. Reduced access to healthcare can impact screening for diseases, consequently having negative effects for transgender and GNB populations. There is evidence of high rates of negative health outcomes, such as HIV and sexually transmitted infections, substance misuse, mental health issues and suicidality. This review explored whether there is a need for further education for healthcare professionals to support transgender and GNB communities in health settings and prevent health disparities. It sought to identify barriers to healthcare experienced by transgender and GNB communities in order to inform care practice and what level of education is required to ensure healthcare professionals are adequately prepared to care for these population groups.

Methods: This study entailed a qualitative systematic review. The databases CINAHL and PsycINFO were accessed for the literature search. A bibliographical search was carried out on the articles in order to source further primary qualitative research. Thematic synthesis was carried out on the four included studies (Thomas and Harden, 2008).

Results: Three analytical themes were identified: stigma and discrimination, healthcare providers' lack of knowledge, and communication. Reported experiences of stigma and discrimination included healthcare professionals' lack of sensitivity, and environmental factors which involved documentation as well as the physical environment. Healthcare professionals acknowledged that education relating to the needs of transgender and GNB patients would be beneficial.

Conclusions: There is a need to further educate healthcare professionals to support transgender and GNB communities in healthcare settings in order to prevent health inequalities and address stigma and discrimination. This education should also be included in healthcare curriculums by educational providers.

Keywords: Transgender, Gender Non-Binary, Healthcare, Barriers, Stigma, Discrimination, Education.



Jack Hodgkinson

Systematic review of Adverse Childhood Experiences (ACEs) and their association with later life substance use in prisoner populations in high-income countries

Abstract

Background: Studies are ever more recognising the relationships Adverse Childhood Experiences (ACEs) and adult health risk behaviours, physical and mental health, and social determinants of health. ACEs and their association to Alcohol Use Disorder (AUD) and Substance Misuse Disorder (SUD) in later life has been recognised internationally as a key public health concern. While children and adults with experiences of ACEs are more prone than the general population to interact with the criminal justice system, as victims, witnesses and/or perpetrators of crime. This considered, within the UK, more than a third of individuals serving a custodial are imprisoned for drug-related crimes, and around 15% of prisoners are testing positive to random drug tests (Black, 2020). A review of reoffending found that one-quarter of individuals released returned to prison within 3 years for violations that included testing positive for drug use (Chandler et al., 2009). A theoretically significant related factor is ACEs. Often trauma paves the way for SUD (Khantzian, 1985) and SUD has also been related to rates of re-offending. However, relatively few studies have explored the prevalence of ACEs in prisoners with AUD and SUD. Existing studies of this topic have primarily been conducted with non-incarcerated populations. Given that ACEs have been associated to violent offending and SUD to general offending, understanding the effects of ACEs within forensic settings is exceptionally important this understanding may make way for more inclusive assessment of prisoner need and treatment planning. This study intended to obtain insight of the prevalence and associations of ACEs in this population.

Methods: A systematic review was conducted to search for studies covering the topic of ACEs in prisoners with AUD and SUD. A search strategy was developed, and several databases were searched using specific search terms and inclusion criteria. The review was guided by the PRISMA-P (Preferred Reporting Items for Systematic Reviews and Meta-Analyses Protocols) guidelines.

Results: A total of 437 studies were identified through the search strategy and 12 were included into the study. While only 5 of the studies assessed AUD, all of these studies found a positive relationship between ACEs and AUD. Meanwhile, all studies assessed SUD and 9 of the studies found a positive correlation between ACEs and SUD in prisoners.

Conclusion: ACEs serve as an immense predictor of later life health and social conditions of daily life. Prisoners are a vulnerable population for both experiencing and developing AUD and SUD. There is a gap in literature about this issue and more primary research is needed to inform public health about the actual burden of ACEs in prisoner populations and the most effective ways to treat AUD and SUD within these groups.

Keywords: Adverse Childhood Experiences (ACES), Prisoners, Offenders, Trauma, Alcohol Use Disorder (AUD) Substance Misuse Disorder (SUD)



Faye Hellewell

A Quantitative Study Exploring the Knowledge, Attitudes and Experiences of Drink Spiking



Abstract

Background: Drink spiking is the administration of alcohol or drugs into another person's drink without their knowledge and/or consent. Drink spiking is not a new phenomenon but both incidence and number of reported crimes are increasing. Despite the potential for serious harm, there are currently no accurate estimates of drink spiking prevalence within the UK, and the extent of the public health problem remains unknown. This prevents policymakers developing policies and practice to reduce drink spiking prevalence and subsequent harms. This study aimed to explore the knowledge, attitudes, and experiences of drink spiking among those aged 18 and over in the UK.

Methods: This study was approved Liverpool John Moores University Research Ethics Committee. A descriptive cross-sectional study using an online self-administered questionnaire was distributed through social media platforms. The survey covered participant's demographics, drink spiking knowledge, attitudes and experiences, and awareness of existing interventions. A total of 163 individuals participated using a convenience sampling method. Quantitative analyses were undertaken in SPSS using descriptive statistics.

Results: Although the majority of participants had a good understanding of drink spiking and the legal framework which surrounds it, 42.0% of participants (n=68) lacked knowledge of what constitutes drink spiking. Approximately one in 10 participants (11.2%; n=18) believed drink spiking is a normal part of a night out and to be expected and 8.7% (n=14) believe drink spiking only occurs to women. The majority were aware of existing interventions protect against drink spiking, however 82.5% (n=132) believed additional measures could be taken. Participants reported higher experiences of drink spiking with drugs (33.3%; n=54) compared to alcohol (27.8%; n=45). The study highlighted statistically significant differences in both gender ($p < 0.001$) and age ($p = 0.009$) for experiences of drink spiking with drugs. Almost half of females (45.9%) and 63.3% of participants aged 18-21 reported being spiked with drugs suggesting that females and 18-21 year olds are at elevated risk of drink spiking victimisation.

Conclusions: Overall, this study provided an overview of the current knowledge, attitudes, and experiences of drink spiking within the UK. It highlights the need for further research into effective responses to the rising prevalence. Increased education and awareness of drink spiking, increased training of bar and venue staff and the development of interventions which focus primarily upon diminishing perpetration is needed to reduce drink spiking incidence.

Keywords: Drink spiking, Drug facilitated sexual assault, Prevalence, Harms, Knowledge, Attitudes, Interventions, Experience, Awareness, Gender, Age, Night-time economy.



Tracy Hincks

Health professionals' knowledge, attitudes and practice around identifying and responding to children exploited by "county lines" in the United Kingdom: A scoping review.

Abstract

Background: County lines is a term used to describe gangs and organised criminal networks involved in exporting illegal drugs into areas across the United Kingdom. They exploit children and young people to move and store drugs, weapons and money. It is argued that county lines exploitation is more than a policing problem and represents a major public health concern, with children and young people involved with drugs, violence, criminal and sexual exploitation, trafficking and modern slavery, exposed to short- and long-term physical, emotional, and generational risks to health, and is a major safeguarding concern. The aim of the scoping review is to map out the existing evidence base around health professionals' knowledge, attitudes and responses to county lines, examine current practice, to synthesise findings and identify gaps in evidence, and identify areas for further research.

Methods: A total of 111 studies from 7 databases were identified, duplicates were then removed, studies were then reviewed by title and abstract, then selected for full text screening against the exclusion and inclusion criteria. A manual search of reference lists and a grey literature search was completed and identified 8 further articles. A total of 8 studies were included in the review, 2 peer reviewed articles and 6 grey literature studies. The Arksey and O'Malley five stage methodological framework was followed throughout.

Findings: The scoping review highlighted there is currently limited evidence around health professionals' knowledge, attitudes and practice. However, it does highlight that county lines exploitation is insufficiently understood, children are not being recognised as victims, multiagency working is disjointed, there is inadequate data collection and information sharing, and very few practitioners felt adequately equipped to tackle county lines exploitation. It proposes although health professionals are often placed at a critical site for responding and identifying to victims, they are missing opportunities.

Conclusions: Future research should be conducted with health professionals to provide a broader evidence base of the attitudes, responses, knowledge and practice of health professionals, to gain a richer understanding and look at ways to improve practice.

Keywords: Health Professionals, County Lines Exploitation, Responses, Attitudes, Safeguarding



Rachel Howard

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

Abstract

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

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

Results: Findings showed that family who had been bereaved by drug use although didn't think campaigning helped explicitly with grief did express that it gave them a focus. Participants also expressed that campaigning gave them meaning and felt that their message would help reduce drug deaths. Campaigning gave all the participants a sense of community and improved opportunities for them to meet people who had similar experiences which was deemed important to help cope with their grief. Barriers to campaigning found in this study were lack of support from family and friends, stigma, cost, and it being traumatic to discuss death frequently. All participants felt that lived experience was as important, or more important, than professional opinion alone.

Conclusions: This study showed that family who have been bereaved by drug use although didn't think campaigning helped explicitly with grief, did express that it gave them a focus, adding to current research which agrees with this. The bereavement of a person by drug use is often a more difficult kind of grief to process because of associated stigma, feelings of guilt and societal views.

Keywords: Drugs, Drug Deaths, Bereavement, Campaigning, Advocacy, Drug Policy, Grief, Barriers, Stigma



Frances Hurst

Key drivers of vaccine hesitancy in the covid-19 pandemic. A series of semi-structured qualitative interviews into the perspectives of unvaccinated individuals.

Abstract

Background: Vaccinations are essential to achieving and sustaining herd immunity against COVID-19 thus reducing unnecessary illness and mortality. A small but significant percentage of the adult population in the UK are, however, hesitant about receiving vaccines. There is a lack of qualitative research exploring the specific barriers to COVID-19 vaccination in depth.

Methods: A set of ten qualitative semi-structured interviews were conducted using videoconferencing software and in person. Participants were interviewed from a set of twelve open ended questions and relevant tangents were explored to capture as much of the wider context surrounding vaccine hesitancy as possible. The interviews were recorded and transcribed for analysis. Participants were recruited using convenience and snowball sampling techniques, alongside a social media advertisement. Data was analysed using thematic analysis which categorised the data into six key themes.

Results: Findings demonstrated safety concerns to be the most significant barrier to vaccination. Participants lacked trust in government, and health systems and perceived the speed at which COVID-19 vaccines were developed as a concern. A preference for immunity via natural infection was found amongst participants, with every participant having either received a positive COVID-19 test or suspecting they had caught the virus at some stage. Complacency levels about the severity of COVID-19 was present throughout the participants, with many lacking concern that it posed any significant threat to the health of non-vulnerable populations. Despite predicted concerns about convenience barriers, this was not an issue for the majority of participants. Findings suggested the majority of participants felt strongly that they were unwilling to be vaccinated under any circumstances however a small minority suggested they would reconsider in light of longer-term safety and efficacy testing.

Conclusion: This research demonstrated that the primary reason for health eligible adults to refuse the vaccine was low confidence levels in vaccine safety. Low levels of belief in vaccine efficacy, widespread government mistrust and complacency surrounding Covid-19 risk were secondary barriers. Education to increase Covid-19 vaccine uptake should be coupled with prevention measures and further research to understand how these attitudes vary across the unvaccinated and partially vaccinated population.

Keywords: COVID-19, Vaccines, Vaccine Hesitancy, Herd Immunity, Vaccine Barriers, Convenience, Complacency, Confidence, Natural Immunity, Coronavirus, UK



Sandra Igbodo

A quantitative analysis of the impact of Limited English Proficiency (LEP) on time to dispatch for individuals calling 999 to access emergency care from a regional NHS ambulance service in England.

Abstract

Background: Telecommunication is the established method that the ambulance service is accessed by the public in emergency circumstances. By using verbal means alone, an Emergency Medical Dispatcher (EMD) must gain critical information from a caller to assess the severity of a patient's injury or condition to ensure that resource to life-threatening incidents as a priority. Language barriers between the caller and the EMD during a 999 call have the potential to delay dispatching an emergency response vehicle due to miscommunication or the need to access a third-party translation service. This study explores the impact of Limited English Proficiency (LEP) on emergency response vehicle dispatch times for individuals calling 999 to access emergency care from a regional NHS ambulance service in England

Methods: Analysis of secondary data from a single, regional NHS ambulance service in England was undertaken to assess whether there was a statistically significant difference between time to dispatch for 999 callers with reported LEP and those who do not report LEP. Data were collected for 999 calls received between 01 January 2021 and 31 December 2021.

Results: For call categories 1 to 5, the mean to time to dispatch was statistically higher for 999 callers with LEP compared to time to dispatch for callers that did not report LEP (Call Categories 1 – 3, $p = <.001$; Category 4, $p = .001$; Category 5, $p = .003$).

Conclusions: This research suggests that when individuals with LEP call 999 to access emergency care from the ambulance service, there is a statistically significant increase to time to dispatch compared to those that do not experience language barriers during a 999 call. This research contributes directly to public health action at the participating NHS organisation by providing a foundation to its equality, diversity, and inclusion agenda, as one of the key areas for improvement is the impact of English as a second language on access to the 999-emergency service and the NHS 111 urgent care service. This research could support the recommendation to introduce standardised LEP reporting to allow for consistent recording of LEP cases on 999 calls to support robust monitoring that would allow for further investigation of the impact of language barriers to dispatch times.

Keywords: NHS, Health care, Telecommunication, Language Barriers, Limited English Proficiency, Translation, Ambulance Service, Emergency Care, Pre-hospital Care



Anuja Jacob

The impact of Covid-19 on the mental health of university students at Liverpool John Moores University during lockdown

Abstract

Background: Coronavirus (COVID-19) had a profound impact on well-being globally. The lockdown and social restrictions which started early in 2020 have subsequently increased and worsened individuals' mental health and well-being. Mental well-being is crucial to quality of life according to an individuals' ability to deal with life's ups and downs and may lead to serious public health risks such as physical illness, increased substance usage and sleep deprivation. Major efforts and various public health campaigns have already been initiated targeting the risk factors due to mental health illness. This study aims to assess the levels of anxiety and depression during the first COVID-19 lockdown in a sample of students studying at Liverpool John Moores University.

Methods: This study gained ethical approval by Liverpool John Moore University ethics committee. A quantitative study was conducted based on a previously validated online survey through the JISC platform. A total of 90 undergraduate and postgraduate students were recruited using convenience sampling. Data was analysed using SPSS software. Participants were asked for demographic information such as age, gender. Levels of anxiety and depression were measured using GAD and PHQ scales and coping mechanisms using the Brief COPE Likert scale.

Results: COVID-19 had a substantially negative impact on participant mental health. Statistically significant associations were found between participants mental health, emotional support and participants' focusing on their work to deviate their mind from going into a depressive state.

Conclusion: The COVID-19 pandemic had a significant impact on educational sectors around the world. The aim of this study was to assess the impact of the COVID-19 pandemic on the mental health of university students at LJMU during the first lockdown. This study concluded that the COVID-19 pandemic has had a negative impact on students in the UK; as a result, they were trying to adapt positive coping strategies to deal with the difficulties during pandemic including more emotional support and using other means to focus their minds. This shows that implementing motivational strategies within a university environment can have a clear impact on the students' mental health state.

Keywords: Covid-19, Depression, Anxiety, Coping Mechanisms



Nadia Jahangir

Liverpool John Moores University students' knowledge, views, attitudes, and understanding of the cultural influence on menopause

Abstract

Background: Menopause is a natural transition in women's lives. Due to drastic hormonal changes, most women go through complicated symptoms, which causes lower quality of life. Accurate knowledge and attitudes towards the menopause is necessary among young students as it is a significant part of women's reproductive system. Most importantly, accurate knowledge from a younger age can change attitudes towards the menopause making them well equipped to effectively manage this transition effectively and support menopausal women. This study aimed to explore LJMU students' knowledge, views, attitudes, and understanding of the cultural influence on menopause.

Methods: A descriptive cross-sectional study was conducted using an online questionnaire of LJMU students. 46 participants completed the survey. The survey covered demographics, knowledge, attitudes on menopause, and understanding of cultural influence. Data were analysed using SPSS statistical software. This study received ethical approval from LJMU Research Ethics Committee.

Results: The study found that 37.8% of participants accurately knew the general onset of menopause and 51.1% of students knew about menopausal treatment options. Furthermore, most students (79.5%) considered irritability and depressive disorder the most common symptoms of menopause. Student's mean menopausal knowledge score was 6.4 out of 14. Female students showed a 1.9% higher mean knowledge score than male students. In this study, no significant correlation was found between menopausal knowledge scores and with sex or age. However, the association between menopausal condition (chronic/ acute) with age group, which was close to significant value. In the attitude section, the study found that the average attitude score was 28 out of 45. Male student's attitude level was 1.31% higher than female students. No significant association was found between menopausal attitudes and sex. The association between the menopausal attitude and age group was close to the significant value. The study found a limited understanding of cultural influences on menopause among students.

Conclusion: Overall, this study provided an overview of knowledge, attitudes, and understanding of cultural influences on menopause among the young generation (above 18). The study identified a knowledge gap in menopause among the young generation. A moderate level of attitudes and limited understanding of cultural influence had also been identified here. This study suggests that formal education and broader attitudes towards menopause from a young age will ensure a healthy and quality life for women. 3 Keywords: Menopause, menopausal knowledge, menopausal attitudes, LJMU students, menopausal knowledge in younger generation, cultural influences on menopause.

Keywords: Menopause, Menopausal Knowledge, Menopausal Attitudes, LJMU Students, Menopausal Knowledge in Younger Generation, Cultural Influences on Menopause.



Pooja Shree Kannan

A qualitative study exploring the health and wellbeing of international students studying at Liverpool John Moores University

Abstract

Background: Being away from home and family can antagonistically affect wellbeing. When researching about the wellbeing of international students at universities in various countries, one may frequently witness the adverse consequences of studying away from home. Uncertainty and ignorance about how international students perceive and address their health and well-being are contributing factors to the absence of adequate service. The ability to satisfy their needs and enhance the general wellbeing of this significant group may be improved, if we listen to the international student's perceptions. However, although there are numerous research studies regarding the international students, there is only scarce information available regarding how wellbeing is experienced and maintained among international students from their own perspectives. This study will add further insight to the perception of international students on their health and wellbeing before and after arriving the UK in concern with the challenges faced. It also involves the difficulties faced while travelling to the UK amidst the COVID-19 situation.

Methods: A generic qualitative approach was utilised to execute the research, employing semi-structured online interviews. Snowball and convenience sampling techniques were employed to recruit a sample of ten participants. The transcripts of interviews were analysed thematically to generate themes.

Results: This study found that international students reported moderate levels of both physical and emotional wellbeing and faced issues like loneliness, anxiety, frustration, hair loss, weight loss, dark circles, migraine and fatigue, but normalized it to be a part of life and did not seek support although they had ample of resources. Findings have corroborated existing research that international students are more likely to face acculturation, language barrier, financial instability, dietary issues, emotional crisis, academic stress, accommodation problems and lack social support. Despite the challenges faced, international students claimed that it is a wonderful experience staying in the UK and no one complained much about the country or university.

Conclusion: This study demonstrates how international students' attitudes have evolved over the years, since they are increasingly motivated to explore and improve things despite the barriers rather than complaining and worrying. Hence, university organisations should appreciate this evolution and promote interventions to improve international students' quality of life according to their requirements.

Keywords: International Students, UK, Challenges, Acculturation, Language, Education, Financial Security, Food, Accommodation, Perceptions, Health, Wellbeing, Facilitators.



Abstract

Background: Amblyopia, often known as lazy eye, is a vision problem brought on by the eye and brain not functioning properly. It causes a seemingly normal eye to have impaired vision. It is the most typical reason for reduced vision in one eye in children and younger people. It is a common condition, and it can affect up to 3-4% of the general population. Early intervention is necessary for infants with amblyopia to prevent permanent visual loss and reduce other potential quality of life issues such as poor educational outcomes.

Methodology: A scoping review was conducted on, relevant articles, searched between 2011 to October 2022 to examine how childhood amblyopia affects the quality of life. The pertinent studies were found based on the stated inclusion and exclusion criteria. I systematically reviewed databases from PMC (US National library of medicine national institutes of health), BMC Health Services Research, Ophthalmology Journal of Biomedical Science and Technology and also from Ophthalmic Epidemiology. The first author, year, and study objectives were the data extracted from pertinent studies. Thematic analysis and tables were used to map out data derived from published works of literature.

Results: The review contained a total of 11 papers. There are 11 quality-of-life issues related to amblyopia found in the studies. Even though Amblyopia normally affects only one eye, it may impair reading speed in normal binocular reading by 20% to 50% and significantly influence educational achievement in children. The effects of amblyopia on HRQoL were specifically connected to how the condition was treated. These include effects on relationships with family members, social interactions, challenges completing everyday tasks, and feelings and behaviour. Some researchers created their own HRQoL measures, whereas others used proxy measures to calculate HRQoL.

Conclusion: This scoping review identifies that childhood Amblyopia can have significant impact on quality of life. When thinking about managing amblyopia, it's important to consider the documented findings of the HRQoL implications. The difficulties noted in the review are explored regarding how HRQoL is measured (treatment compliance vs. proxy measures) and whether HRQoL is viewed from a child's or a parent's perspective.

Keywords: Amblyopia Diagnosis, Amblyopia Therapy, Child, Humans, Quality Of Life Effected, Treatment Outcome, Vision Screening, Visual



Hiu Lam Kong

An interview study of vaccine hesitancy and vaccine vaccination towards the COVID-19 Vaccine among Liverpool John Moores University students

Abstract

Background: Young adults generally do not consider themselves susceptible to COVID-19 infections and complications due to their age and level of physical health. However, there have been incidences where young adults with COVID-19 infections have experienced serious complications, disability, and even death. Young adults who need to be hospitalised due to COVID-19 infections and complications further increase burden on healthcare systems. Furthermore, young adults who are not vaccinated against COVID-19 could contribute to further risks for vulnerable groups. Research focusing on knowledge, perception and beliefs of university students regarding the COVID-19 vaccine, as well as factors and decision making processes which influence vaccine hesitancy and vaccine vaccination are limited. This study explores vaccine hesitancy and vaccine vaccination towards the COVID-19 vaccine amongst Liverpool John Moores University (LJMU) University Students

Methods: Face to face semi-structured interviews were carried out with two participants. Interviews lasted for 30 minutes, were recorded, stored and then transcribed verbatim.

Results: Thematic analysis was conducted. Findings from the interviews produced several sub-themes and themes: the knowledge, perception and beliefs of participants regarding the COVID-19 vaccine; perceptions of individual health risk and severity of COVID-19 infections in the society influencing the participants' factors behind vaccine hesitancy and vaccine vaccination; desire for normality and duty of care influencing the participants' decision-making processes; the participants' knowledge, perception and beliefs, and their factors behind vaccine hesitancy and vaccine vaccination influenced their desire and need for the booster dose of the COVID-19 vaccine.

Conclusions: Findings from the study showed that the knowledge, perception and beliefs of university students regarding the COVID-19 vaccine could influence vaccine hesitancy and vaccine vaccination. By understanding the views, perception, and opinions of student, and the factors influencing their decisions, and their decision-making processes, public health education could be adapted to inform better dispersion and communication of information, and could allow for more informed decision-making when considering vaccines

Keywords: Vaccine Hesitancy, Vaccine Vaccination, Vaccine Uptake, Vaccine Intention, Vaccine Acceptance, COVID-19 Vaccine, COVID-19, University Students, Interview Study, Knowledge, Perception, Beliefs, Factors, Decision-Making



Catherine Lewis

An exploration of individual level predictors of cannabis policy preferences in the UK

Abstract

Background: Internationally, laws and regulations controlling the sale and use of cannabis are changing. A range of outcomes would impact upon population health should the UK government decide to change current cannabis policy. Public and political discussion often oversimplifies legalisation of cannabis into a binary choice between prohibition and a free market, yet there are a range of possible options. Public support has a crucial role in a policy's success, but the underlying factors determining support for cannabis policy have yet to be explored. This study aims to explore and identify factors influencing cannabis policy support at an individual level.

Method: UK adults were recruited through convenience sampling, n=373 completed an online questionnaire examining cannabis policy support in relation to participant characteristics, demographics, cannabis use behaviours, acceptability of health policies that restrict choice and perception of government responsibility over cannabis related harms. Principle component analysis (PCA) was used to reduce policy statements into three underlying dimensions (purchasing, price and permitted activities; marketing and availability; information, treatment and harm reduction). Multiple linear regression analysis was undertaken to explore factors predicting support for these three dimensions using SPSS.

Results: Being female, younger, having a degree and holding a belief that the government should do more to tackle harms caused by cannabis were associated with higher levels of support for all policy dimensions. Policies restricting choice, price and availability were largely supported by individuals who support restrictive health policies generally. Participants scoring highly on a Cannabis Abuse Screening Test predicted lack of support for any proposed policy change. A range of demographic variables were associated with support for policies aimed at harm reduction.

Conclusion: While policy decisions may be informed by evidence of their effectiveness and cost of implementation, public acceptability plays a greater role. Understanding patterns of support for cannabis policy and the range of preferences held within the population can be used to inform future drug policy in a way that is both acceptable to the public and minimises potential harm. This study is novel and the first to explore factors determining support for cannabis policy in the UK.

Keywords: Cannabis, Cannabis Policy, Policy Components, Cannabis Policy Preferences, Restrictive Policy Legalisation, Decriminalisation



Debbie Ann Loh

Continuity of opioid substitution treatment (OST) within reinsertion from prison to community in Southeast Asia: A scoping review

Abstract

Background: The 'war against drugs' in Southeast Asia (SEA) to eradicate illicit drug use including opioids, wages on. Criminalisation of drug use and compulsory detention has largely characterised the region's response to people who use drugs (PWUD) for over a decade. Recent welcomed shifts towards voluntary-, community- and evidence-based drug dependence treatments have emerged. Provision of healthcare of people living in prison (PLP) are mandated by international standards of human rights. However, many in detention with opioid dependence continue to lack access to treatment. Those who do receive opioid substitution treatment (OST) during incarceration often face uncertainties of continuity of care beyond the prison gate.

Methods: This scoping review mapped what is currently known about the continuity of OST within reinsertion from prison to community in SEA, with a focus on three countries (Indonesia, Malaysia, Vietnam) which currently have OST available in at least one prison. A multi-lingual systematic search (English, Malay, Indonesian, Vietnamese) collected and reviewed all available and relevant published and grey literature between 2011 and 2021. Of 293 records found, 18 were eligible for inclusion following removal of duplicates and application of exclusion measures. These records were charted and thematically analysed.

Results: Three main themes were generated: facilitators of methadone maintenance treatment (MMT) in prison and continuity of care; barriers of MMT in prison and continuity of care; and MMT initiation, dosage and retention post-release. Themes demonstrated how individual and structural elements through partnership, training, guidelines and motivation are foundational to drive the provision of OST for opioid dependent PLP within detention settings and post-release. When gaps exist, disruptions to the delivery and continuity of OST ensued. Importantly, adequate dosage of >80mg/day was significantly associated with retention in post-release treatment.

Conclusion: This review highlights the urgent need to initiate and scale up voluntary, evidence- and human-rights based OST while incarcerated and during reinsertion, with a gender-sensitive approach for all PLP with opioid dependence. An accurate understanding of addictions and the will to engage in systemic reforms are key to dismantling the societal stigma towards PWUD in SEA, to ensure parity, quality and continuity of care for those often left invisible and forgotten in prison and community settings.

Keywords: Continuity Of Care, Drug Dependence, Opioid Use Disorder, Opioid Substitution Treatment, Ost, Prisons, People Living In Prison, Southeast Asia



Jennifer Martin

Climate change and heatwaves: understanding the experiences and implications for unsheltered homeless populations. A scoping review

Abstract

Background: Climate change is a public health emergency and has implications for the health and wellbeing of global populations. Unsheltered homeless populations are disproportionately exposed to climate change events due to the nature of homelessness and being without permanent adequate shelter. Homelessness is prevalent in high-income countries yet there is limited research available about their experiences and the implications for unsheltered people from climate change.

Methods: The purpose of the scoping review was to critically explore the impact of climate change on unsheltered people in high-income countries, and was directed by the review question; What is the experience of people who are unsheltered homeless during heatwaves in high-income countries and what are the implications from climate change? The review followed the scoping review methodology as set out by Arskey and O'Malley (2005).

Results: A systematic scoping search generated 315 potential records, of which 10 studies were included in the final review. Key themes were identified within studies as 1) climate change, weather, and health outcomes 2) Heatwaves, homelessness, and health 3) Exposure sensitivity & vulnerabilities 4) Adaptive capacity 5) Responses and service providers.

Conclusion: Unsheltered people experiencing homelessness have unique characteristics and vulnerabilities that increase their exposure sensitivity to extreme weathers, particularly heatwaves. Existing vulnerabilities are exasperated, and unsheltered people experience additional environmental, institutional, and social barriers which impact their ability to adapt to a changing climate. Unsheltered people require targeted interventions aimed at building resilience to the conditions of homelessness and the impacts from climate change.

Keywords: Homelessness, Unsheltered Homeless Populations, Heatwave, Climate Change



Chloe Mulholland

Exploring students' substance use and the impacts on their health and wellbeing.

Abstract

Background: Numerous studies exist which look at students drug use or their alcohol use, however, there are relatively few studies that have researched both drugs and alcohol together to explore how they both impacts on students health and wellbeing. This study aimed to explore the nature, extent and impact of students' alcohol and drug use on their health and wellbeing.

Method: An online survey was created through JISC online surveys, it was then distributed through online personal social media accounts and was sent out via the Faculty of Health's email list. It was completed by students of any gender, aged over 18 and enrolled in a university within Liverpool City Centre. The survey asked questions about participants demographic characteristics, drug use, alcohol use and how these have impacted their health and wellbeing.

Results: A total of 23 participants completed the online survey. The main findings of this study revealed that 60.9% of participants went out in Liverpool City Centre once a month or less. The majority (85.7%) of participants stated that their most used drug within the past 12 months was powder cocaine, whilst the second most used drugs were cannabis and ketamine. Most (85.7%) stated that they typically took drugs with their friends and 43.8% stated they used drugs once a month or less during the past 12 months. A third (33.3%) stated that they have a drink containing alcohol 2 to 3 times a week and they would usually drink 1 or 2 alcoholic drinks when they are drinking (33.3%). A third (31.3%) also stated that they felt anxious or depressed the next morning after taking drugs and 78.6% stated that they also felt anxious or depressed the next morning after consuming alcohol.

Conclusion: This study suggest that there was a significant amount of drugs and alcohol use within University students. The study also found that drugs and alcohol use contributes negatively to an individual's health and wellbeing. It also showed that there needs to be more done within universities to help prevent students suffering harms from their drug and alcohol use.

Keywords: Drugs, Alcohol, Addiction, Health and Wellbeing, Students



Sajawal Nawaz

A scoping review focusing on the effect of COVID-19 lockdown and social distancing on the mental health of the UK population

Abstract

Background: The recent COVID-19 pandemic caused many international governments to impose restrictions on populations in an attempt to contain the virus. The same occurred in the UK when the Prime Minister announced a national lockdown on the 23rd March 2020 and advised for all to “stay at home”. Following this lockdown measures legally came into force on the 26th March 2020. The uncertainty about the virus and the imposing of this lockdown led to an array of mental health related illnesses amongst the population of the UK. This dissertation paper attempts to collate all the information from previous research and papers to present the impact that the restrictions had on mental health of the UK population.

Methods: The methodology adopted in this dissertation is the scoping review of literature to explore the impact of COVID-19 restrictions on the UK population. This is a research project which has systematically analysed the literature on the topic by identifying key concepts, theories and sources of evidence.

Results: After careful literature review and analysis, it was confirmed that the restrictions imposed upon the UK population did have a direct impact on the mental health of some individuals. Some examples of mental health disorders identified include: depression, loneliness and anxiety. The lockdowns and social restrictions impacted on the UK population as well as the actual effects of the virus and in some cases more so.

Conclusion: In conclusion we can ascertain that any social restrictions on the lives of people in the UK will inevitably affect their mental health. If a sudden change is imposed upon individuals whereby their daily interactions and routines change this will affect their mental wellbeing and we all as individuals rely on our social interactions as a way in which to escape the negative effect of mental health disorders like depression, anxiety, stress and loneliness.

Keywords: COVID-19, Pandemic, Restrictions, lockdown, Mental health, Anxiety, Depression, Loneliness, Emotional wellbeing



Patricia O'Connell

A qualitative study exploring stigma towards those who use substances

Abstract

Background: The aim of this study was to explore professional perceptions of towards people who use substances in order to identify barriers to this population group receiving appropriate and quality care.

Methods: This study adopted a qualitative approach utilising semi structured interviews via the online platform MS Teams. The data was recorded then transcribed via MS Teams and Microsoft Word. The data was then analysed via thematic analysis also utilising the programme NVivo. This study utilised a sample of adult individuals over 18 who worked within drug services across England. A total of 4 participants took part in this research. A gatekeeper was approached to select participants for this research.

Results: The participants within this study worked within drug services across England and therefore had experience and knowledge of working with individuals who use substances. However, during interviews the participants often referred to mental health experiences as they disclosed there is a strong correlation between mental health, substances, and stigma. The participant's identified stigma has slightly improved but in some areas is still an issue and creates significant barriers for individuals who use substances accessing relevant support and treatment when required.

Conclusion: All participant's identified that more work on education, knowledge and awareness is required to combat stigma and improve services in the future, as this contributes to stigma and suboptimal care for this group in society. All participants highlighted mental health services and policy reshape are required to help this population and reduce premature mortality. Additionally, all participants disclosed good support in home environments and positive attitudes from professionals are key to optimal care in the future.

Keywords: Mental Health, Substances, Substance Misuse, Barriers, Language, Internalised, Professional, Structural, Occupational Stigma, Sub Optimal Care



Grace Okolo

Knowledge of contraception among Liverpool John Moores University (LJMU) students

Abstract

Background: Effective contraception gives freedom to have children when desired and permits physical contact without worrying about an unintended pregnancy. Some methods, like male and female condoms, also have the added benefit of protecting against STIs. In the UK, students are susceptible to unintended pregnancy and sexually transmitted infections (STIs). Comprehensive sexual health education that addresses attitudes, behaviours, and exhaustive information about contraception can increase the use of contraception and improve students' long-term health outcomes and good sexual practices. This study aimed to evaluate and compare the knowledge of good sexual practices held by students in various departments at Liverpool John Moores University, paying particular attention to the comparison between the health and non-health programmes.

Methods: The research was approved by Liverpool John Moores University Research Ethics Committee. A descriptive cross-sectional study recruited a convenience sample of students via their university email, to take part in an anonymous online survey. The survey measured knowledge of contraception including types, time to use, how to use and place of purchase. The focus was placed on respondents who are sexually active.

Results: A total of 70 students participated of which 55 were female. The mean \pm SD age of participants was 24.4 \pm 5.7years. The majority of the study participants cited school as their major source of information about contraception. Chi-square analysis reported that knowledge of some contraceptives was significantly associated with the program of study but not with the level of study. The non-health departments seemed to be less knowledgeable about the less common contraceptives (rhythmic method, vaginal douching, the IUD, and contraceptives that require injection) while between undergraduates and postgraduates, there seemed an almost equal level of knowledge.

Conclusion: The findings demonstrate that most of the study participants had a general knowledge of contraception. There was a potential difference in contraception knowledge between health and non-health programs, however, the study sample size was insufficient to make a strong inference. Participants from non-health programs seem to have knowledge about popular contraceptives, mostly condoms and pills. This calls for efforts to be taken to inform educators to enlighten students regardless of study program about the less common contraceptive, usage and appropriateness.

Keywords: Contraception, Knowledge, University Students.



Michael O'Mara

Connection: A qualitative study exploring the experiences of professionals who delivered remote alcohol support during the Covid-19 pandemic in Greater Manchester.

Abstract

Background: The Covid-19 pandemic saw the emergence of a significant public health concern in relation to alcohol use, with an unprecedented increase in alcohol related harm and consumption in England. The governments restrictions forced specialist alcohol treatment services to change from a traditional in-person offer of support to a model of remote support. Previous research has highlighted that remote alcohol support and interventions may be a way of overcoming traditional barriers to access support from alcohol services. Equally, research has highlighted that remote support increases barriers for those without the technology or the ability to access it. This study aimed to explore the experiences of professionals who delivered remote support during this period to understand the impact of these changes.

Methods: A qualitative phenomenological design was used to conduct the research. Semi-structured online interviews were undertaken with a sample of six professionals who had delivered remote support or interventions whilst working for or alongside alcohol treatment services within Greater Manchester during the Covid-19 pandemic.

Results: The findings highlighted both positive and negative themes around the switch to the model of remote alcohol support. The study highlighted that the increased flexibility offered by remote support from alcohol treatment services significantly increased engagement. Participants highlighted engagement from groups who had previously experienced barriers to accessing support from alcohol services. The research equally highlighted a belief from participants of the vital role that in-person support plays for those accessing alcohol treatment services. Participants universally raised concerns around risk and safeguarding issues when working remotely. Equally, the move away from in-person support was considered as a negative in relation to the building of a therapeutic alliance and the opportunity to build connections with others through group work.

Conclusion: The fundamental change in the offer of support during the Covid-19 pandemic has highlighted the need for a blended and flexible offer from specialist alcohol services. Choice in how support is received should be offered to anyone wanting to access services, whilst also ensuring that risk and safeguarding issues are correctly managed with in-person appointments when considered most appropriate to do so.

Keywords: Alcohol Treatment, Alcohol Use, Covid-19, Remote Care, Digital Poverty.



Adewale Opawale

Knowledge attitude and practice (KAP) study on sexually transmitted infections (STIs) among youths in Kano State, North-West Nigeria

Abstract

Background: Sexually Transmitted Infections are caused by bacteria or virus organisms, and contracted via unprotected intercourse such as anal, oral, and vaginal sex from one partner to the other. About 376 million new cases of STIs are reported annually across the globe with the African region being a huge contributor to this burden. Adolescents and young adults aged 15–24 years constitute almost half of the reported cases. In northern Nigeria, an alarming rate of STIs has been recorded without proper research on the knowledge, attitude, and practice among the youths. The objectives of this study are to examine the knowledge, attitude, and practice of youths in Kano state and the relationship between their knowledge of STI risk behaviour and their attitude/practice towards STI treatment.

Methods: A descriptive cross-sectional study was carried out in Kano state using an online self-administrated questionnaire distributed to non-adolescent youths aged 20–24 years. An online survey was created using the JISC platform to collect quantitative data from 300 young people. The questionnaire included validated questions to assess young people's knowledge of STIs, their attitudes towards STIs, and common practices around STIs. SPSS version 20 was used to analyse the data.

Results: Among the 300 participants in Kano state aged 20-24 years, 45% of them were female and 55% of them were male. The majority had higher educational qualifications (80%) and marital status was single (86%). Their major source of information on STIs varied from television (48%), family members (45.3%), hospital/health workers (42%), and radio (36%). The most known STIs were HIV/AIDs (86%), gonorrhoea (75.7%), hepatitis B (70.7%), syphilis (59%). Overall knowledge was categorized into: poor knowledge (40.3%), fair knowledge (41.7%), and good knowledge (18%). Unprotected sex (92%) and having multiple sex partners (84%) were prevalent. There was a statistically significant relationship between knowledge level and both unprotected sex ($p=0.02$) and having multiple partners ($p < 0.001$).

Conclusion: Educational qualification was seen to be one of the key predictors of knowledge on STIs among youths in Kano using binary logistic regression. Other demographic characteristics like age, marital status, and gender were shown not to have an effect on STI knowledge level. This implies that incorporating teaching on STIs into the school curriculum could increase youth knowledge about STIs and the necessary preventive measures.

Keywords: Adolescents, Young Adults, Knowledge, Attitude, And Practice (KAP), Sexual Transmission Infection (STIs), Risk Behaviour, Descriptive Cross-Sectional Study.



Rachel O’Riordan

‘It’s such a drag!’ Assessing the impact of air quality and post pandemic views and opinions regarding the future of smoking in Liverpool’s outdoor hospitality venues

Abstract

Background: The aim of this research is to determine if a smoke free pavement licence would be appropriate to introduce in Liverpool. Whilst the original pavement licence does not require pavements to-be smoke free, some councils in the UK have imposed a smoke free condition within all pavement licences.

Methods: To determine if it is appropriate for Liverpool to introduce this condition this study will utilise a multi-method approach to data collection, essentially two mini studies coming together to answer the research aims. The first aim focuses predominantly on the attitudes and opinions of residents in Liverpool, collected through online questionnaires. The second aim to see if smoking outdoors effects general air quality, to assess this air quality readings were taken outside of hospitality venues with and without the presence of smokers.

Results: After the analysis of both questionnaires and air quality data, the findings were merged to identify if the levels of air quality alongside public attitudes are enough to support the need for policy change in Liverpool’s pavement licence permits. The questionnaire results were varied, those against a smoke free pavement licence were concerned about enforcement, freedom, and compliance. Whilst those in favour believed that non-smokers should not be exposed to the harmful smoke and be subject to second hand smoke (SHS). It was evidenced from the air quality monitoring, that smoking outside does not cause detrimental impacts on general air quality as the readings taken did not exceed the WHO (2021) guidelines. However, PM2.5 was detected at all locations.

Conclusion: Finally, this research has concluded that a smoke-free condition would only work in Liverpool if it was introduced nationwide. Extending the condition nationally would help ensure compliance so that Liverpool did not feel it was being singled out. The benefit of smoke free pavement licences would reduce smoking normalisation, SHS exposure and improve cessation rates which would help improve population health for all and thereby continue on the journey which started in 1964 to reduce the harmful impacts of smoking.

Keywords: Air Quality, Smoking And Hospitality, Pavement Licences, Mixed Methods, Smoking Outside



God's Choice Osaghae

Psychological aspects of infertility in men, women and couples: A scoping review

Abstract

Background: Infertility is a condition which can affect all aspects of the life of those experiencing it. Aside from the physical impacts of infertility, the emotional and mental well-being of the individual can also be affected. There are several manifestations of the psychological impact of infertility such as depressive and anxiety symptoms. Individuals experiencing infertility therefore need to be considered not just for physical treatment of the medical condition but also evaluation of their psychological wellbeing and therapy if needed. This study will review the available literature and gather knowledge on the psychological aspects of infertility. It will investigate the available evidence on psychological implications of infertility. Exploring the several types of psychological characteristics and how they are reflected in men, women, and couples.

Methods: A scoping review was done to answer the research question and gain knowledge on the available literature on this topic. Seeing that this is a broad topic, involving many psychological characteristics, men, women, and not limited to a particular country, a scoping review was the preferred method of research. In addition, recommendations on further research and health strategies on this topic were important. Therefore, scoping review provided a foundation for such suggestions to be made.

Results: This review included twelve studies, of which eight conducted studies on psychological effect of infertility on individuals, while four studies were conducted in relation to coping strategies employed by individuals experiencing psychological stress from infertility. Differentiated themes of psychological effects were depression, anxiety, self-esteem, stress, and distress. An additional theme for coping strategies was made. There were 2 studies conducted on men, while the remaining studies involving women participants and couples.

Conclusion: In view of the impact infertility has on the individual and their spouses, treatment of the condition should not be limited in its approach. It should be multidisciplinary involving mental health because it is of immense value and thus should be made available for times of need.

Keywords: Infertility, Assisted Reproductive Therapy, Depression, Anxiety, Self-Esteem, Psychological Stress.



Sebastien Payan

Tales of compassion and grief: A qualitative study of peer worker experiences in Vancouver, Canada, during the toxic drug supply crisis



Abstract

Background: The public health emergency linked to illicit drug deaths was declared in 2016 in British Columbia (BC), Canada. Since that date, more than 10,000 people have lost their lives to overdoses in BC and public health authorities increased the surveillance and interventions to prevent those deaths. In that context, a community response emerged, and people with lived experience (PWLE) of substance use stepped up to become significant actors in the overdose response strategy. From first responders in the overdose prevention sites to advisors and content specialists for public health bodies, they are at the frontline of a crisis causing thousands of deaths in the last six years. This qualitative study explores the impacts of the toxic drug supply crisis on frontline peer workers in Vancouver, Canada, by analysing their experiences, challenges, and coping mechanisms.

Methods: Data was collected via in-depth, semi-structured online interviews, between April and July 2022, with seven Vancouver frontline peers (3 females, 3 males and 1 two-spirited) working or having recently worked at any level of the overdose response since 2016. Using the inductive theme analysis method described by Braun and Clark (2013), four main themes related to the research question 'How is the opioid crisis impacting harm reduction peer workers in Vancouver' were identified.

Results: The overdose crisis created numerous job opportunities for PWLE of substance use in Vancouver, facilitating development of their role in the public health response to the toxic drug supply crisis in Vancouver. Peers got involved in overdose response early on and in an emergency context linked to the high increase of the number of deaths since 2016. Their work conditions, and the nature of the job, created tremendous challenges, and the risk for burnout was prevalent for most of the peers included in the study, six related mainly to grief and bereavement. Stigma linked to substance use impacted their professional and personal life, and systemic and organisational support is needed to recognise their role and improve their wellbeing. Finally, compassion was identified as the leading motivation for doing the work. PWLE working on the frontline expressed their determination to help their community and people impacted by substance use stigma. They are essential advocates for systemic and policy changes and should be included in policy making.

Conclusion: PWLE are vital actors in the public health response to the toxic drug supply crisis that impacts British Columbia. Their expertise and motivation to do the job are invaluable. They need to be supported by evidence-based interventions as they face trauma linked to grief and precarious work conditions, putting them at high risk of burnout. Participative research should be conducted in these environments to develop innovative solutions to support them and allow them to participate in improving work conditions and substance use related policies.

Keywords: Peer Workers; Overdose Crisis; Toxic Supply Crisis; Work Conditions; Drug Related Deaths; People With Lived Experience; Substance Use; Harm Reduction; Qualitative

Arvind Rajarathinam Vijayaragavan

Exploring the food habits and dietary experience of international students at Liverpool John Moores University - A qualitative study

Abstract

Background: International students are enrolling in greater numbers in the UK, and many of them intend to remain there for an extended period of time after completing their studies. Many students initially experience a range of difficulties with their new food culture and nutritional changes as a result of adapting to the UK culture. Moreover, several previous research studies have stated that the health and well-being of the international students is affected by the new food environment. There are several factors that affect the dietary practices of the international students. This study uses a qualitative approach which aims to get a deeper understanding of how international students see their eating behaviours before and after moving to the UK, how they overcome challenges, and how they work to maintain a balanced diet for their general health and wellness.

Methods: Semi-structured online interviews were used in the research as part of a generic qualitative methodology. An 8-person sample was collected using purposeful sampling approaches. The interview transcripts were subjected to a thematic analysis to produce themes.

Results: This research demonstrates that after arriving in the UK, international students had a variety of problems and challenges with their dietary practices. The study identified five primary themes through the analysis of online semi-structured interviews: eating patterns, dietary changes, new dietary experiences, factors influencing dietary changes, and participant future suggestions.

Conclusion: This study shows how attitudes among international students have changed over time because they are more determined to discover and better things despite the obstacles than to criticize and worry. In order to support evidence-based, culturally relevant nutrition interventions, further study in this area will be beneficial for researchers, policymakers, beneficiaries, and dietitians. Therefore, university organizations should recognize this development and support initiatives to raise the quality of life for international students in accordance with their needs

Keywords: Dietary Habits, Dietary Acculturation, International Students, Traditional Food, Western Food.



Amelia Sale

The impact of Instagram on body image and dietary choices in 18-to-25 year-olds in England: a quantitative study

Abstract

Background: The aim of the study is to identify if using Instagram more frequently can have a negative impact on body image and dietary choices in people aged between 18 and 25 years old.

Methods: This research was a quantitative empirical study that used an online survey method. The inclusion criteria were that participants must be aged between 18 and 25 years of age, live in England, and hold or have held an Instagram account. The only exclusion was that they must identify as the same gender of which they were born to increase validity and reduce confounding variables. In total there were 53 participants included in the final analysis.

Results: Out of the 53 participants, 15 were male (28.3%) and 38 were female (71.7%), all identifying as the same gender as they were assigned at birth. The top 3 types of content participants engaged with most were “interacting with friends/ people they may know”, “food”, and “fitness”. As well as this 66.0% currently follow a ‘fitspiration’ account. Participants most commonly checked Instagram every few hours (58.5%) and spent 1 hour on Instagram on a typical day (35.8%). When assessing body image, most participants identified their ideal body to be slimmer than their own. When participants engage with content on Instagram, 37.7% compare their appearance to others “very often”. This is higher in females (44.4%) than males (20.0%). 84.9% have also seen Instagram content that has made them want to change their diet.

Conclusion: Overall, there was no significant association between the use of Instagram and impacts on body image or diet choices. This was the case when analysing all three objectives overall. However, it highlighted many recommendations for future research.

Keywords: Dietary Habits, Dietary Acculturation, International Students, Traditional Food, Western Food.



Akshaya Sebastian

A quantitative investigation of the knowledge and attitudes to obesity among LJMU students

Abstract

Background: Obesity is regarded as an important public health issue that affects an increasing number of people worldwide due to its prevalence, high cost, and negative health consequences. Global data reveals that obesity affects more than one billion people globally, including 650 million adults. University students are more prone to stress, unhealthy eating, and reduced physical activity which contributes to obesity. The aim of the study was to investigate the knowledge and attitudes to obesity among LJMU students.

Methods: A descriptive cross-sectional study of LJMU Faculty of Health students was carried out. An online self-administered and validated questionnaire was used to evaluate the knowledge and attitude of the students. The survey was completed by a total of 27 participants.

Results: The main findings of this investigation showed that majority of the participants had better knowledge about the definition of obesity (81.5%), recommended daily calorie intake for men and women (63.0%), and had less knowledge on the percentage of world's obese population (85.1%). According to the study, there is a statistically significant difference between students' knowledge of the causes of obesity, their attitudes towards obesity, and both their level of study and their international status. The study also found a statistically significant correlation between students' knowledge of the health consequences of obesity and their international status. Additionally, the research found that students of both genders were equally knowledgeable on the causes and consequences of obesity and showed no variations in their attitude towards obesity.

Conclusion: Most of the international students and postgraduate students had poor knowledge about the causes and health consequences of obesity and also showed significant variations on their attitudes towards obesity. Therefore, there is a need for enhanced health education programmes among these students focusing on obesity and other associated issues both inside and outside of university campuses.

Keywords: Obesity, Knowledge, Attitude, University Students, LJMU Students, Gender, Level of Study, International Students.



Abstract

Background: In recent times, non-communicable diseases (NCDs) have risen and vulnerable populations such as, imprisoned groups, have been affected the most. Pakistan, like the rest of the world, has been facing a massive challenge as the health authorities are not prepared for this increased burden of NCDs. The scoping review aims to map and describe the data on the incidence of NCDs in the prisons of Pakistan from available research literature.

Methods: The Arksey and O'Malley approach was used for this scoping review. Electronic databases such as Web of Science, PubMed (from 1991 to September 2022) and EMBASE (from 1980 to September 2022) were explored from inception until September 2022. Any study that identified, discussed or observed the prevalence of NCDs in various prison of Pakistan was eligible for inclusion. The studies were independently screened and data was abstracted from the included studies. These studies were charted and thematically analysed. All the data was summarised by mapping out the identified, included and excluded studies using a PRISMA flow diagram.

Results: 18 studies reported in 8 publications that fulfilled the eligibility criteria were included. Five main themes were generated as follows: 1) Nutritional and dietary facilities, 2) Body Mass Index (BMI), 3) Addictions, 4) Physical health status and facilities and 5) Mental well-being.

Conclusion: Globally, the prevalence of NCDs is a rapidly increasing public health concern. The scoping review draws particular attention to the unsettling state of the population imprisoned in the jails of Pakistan. It was discovered that the prevalence of NCD risk factors, including smoking, alcohol use, a nutrient-poor diet, inactivity, hypertension, obesity and depression were extremely high among Pakistani inmates.

Keywords: Prevalence, Non-communicable diseases (NCDs), Nutrition, Diet, BMI, Physical health, Smoking, Alcohol consumption, Substance use, Mental health, Pakistani prisoners, Pakistani jails.



Lizz Srisuwan

Associations between sexual orientation and gender identity (SOGI), and barriers to healthcare among LGBTQ+ population in Bangkok, Thailand



Abstract

Background: Despite the seeming social acceptance of the lesbian, gay, bisexual, transgender, and queer (LGBTQ+) community in Thailand, they are not legally accepted and recognised. LGBTQ+ individuals have varied Sexual Orientation and Gender Identities (SOGI) and can experience accessibility and acceptability barriers to healthcare which violate their right to health. As a result, physical and mental health can be negatively affected. There is a dearth of research on barriers to healthcare using the right to health approach experienced by LGBTQ+ population in Thailand. This study aimed to determine associations between barriers to healthcare and SOGI, and to explore understanding of SOGI questions among LGBTQ+ residing in Bangkok.

Methods: A quantitative study using an online questionnaire was undertaken. Data were collected between March to June 2022 with support from gatekeepers in Bangkok. Ethical approval; Reference Number PHIPGT2033. Descriptive statistics, using Kruskal-Wallis test (with post-hoc testing), and Pearson's Chi-square test were performed to determine the associations.

Results: A total of 229 participants were included for the analysis; the majority were aged 25-34 years old (64%). Almost 45% identified as heterosexual/straight, 39% as gay, and 7.9% bisexual. More than half were transgender (63%); 25% identified as male or female, and 12% having other gender identities. Gay men experienced significantly higher accessibility and acceptability barriers compared to bisexual and lesbian, respectively (p -value <0.05). There were significant differences between trans people and individuals with other gender identities and gender binary (p -value <0.05). Within trans community, trans male experienced higher financial barrier than trans female (p -value <0.001). Participants with young age, lower education, student status and lower income experienced higher level of both barriers (p -value <0.05)

Conclusion: With SO- and GI-segregated, transgender and gay individuals experienced significant accessibility and acceptability barriers to healthcare. Individuals with younger age, lower level of highest education, lower income and being a student experienced substantial barrier. It is crucial for public health practitioners to identify distinct barriers which may impact people with different SOGI and characteristics. Standardised collection of SOGI would help identify unique barriers and so could positively impact health policies ensuring the right to health for LGBTQ+ people to access equal healthcare in Thailand.

Keywords: AAAQ, acceptability, accessibility, barriers to healthcare, LGBTQ+, SOGI, Thailand



Sadia Sultana

A statistical evaluation of attitudes towards Covid-19 vaccines and reasons for vaccine hesitancy among LJMU students

Abstract

Background: Vaccine hesitancy is a major challenge in combating the COVID-19 pandemic. University students consist of a significant proportion of the population in almost every city in the UK. Understanding their attitudes toward the Covid-19 vaccine is essential to improve vaccination coverage. This study aimed to explore university students' attitudes toward the COVID-19 vaccine and to determine factors influencing vaccine acceptance and/or vaccine hesitancy.

Methods: A cross-sectional online survey was conducted (from 8th June 2022 to 9th August 2022) with 31 adult students (aged 18+ years) at Liverpool John Moores University (LJMU), UK. The Oxford COVID-19 vaccine hesitancy scale was used to measure hesitancy to the COVID-19 vaccine. Chi-square, Spearman correlation, Mann Whitney, and Kruskal Wallis tests were used to examine the influence of sociodemographic factors on uncertainty and unwillingness to get vaccinated against COVID-19 including concerns about ineffectiveness, concerns about adverse effects, and concerns about commercial profiting, etc. on negative vaccine attitudes.

Results: Approximately 6.7% of participants showed hesitancy toward vaccination. The mean score of vaccine hesitancy was 9.4 (out of 25) which suggested an overall positive attitude toward the vaccine. There was a significant association between students' age and their uptake of the COVID-19 vaccine. Students between the ages of 30-35 were more likely to be vaccinated. Half (50.0%) of participants reported that side effects from COVID-19 were their greatest concern. The study found a significant relationship between some factors and vaccine hesitancy such as concerns about COVID-19 vaccine ineffectiveness, rapid research and development of the Covid-19 vaccine, preference for natural remedies, and mistrust of 'big pharma' profit motive.

Conclusion: The study found an overall positive attitude towards the COVID-19 vaccine among the students at LJMU. Negative attitudes were mostly due to low levels of knowledge and trust in the vaccine. Health education programs need to be implemented to improve hesitant attitudes and build trust in the COVID-19 vaccine.

Keywords: Vaccination, Covid-19 Vaccine, Vaccine Hesitancy, University Students, Attitude



Marwan Tork

A quantitative study into public perceptions and experiences of hospital food.

Abstract

Background: It is important to reduce the length of time people stay in hospital for both the patient and the hospital especially in this unprecedented time. Food plays an important part in the healing process, it's important to eat well in order to heal well. Some types of hospital malnutrition, especially in vulnerable people, has a negative effect on many clinically significant outcomes which increase health expenditure, such as longer stay in hospital, higher risks of infection, wounds taking longer to heal and increasing mortality rate in hospitals. Hospital food is a complex subject with many facets outside of the food itself such as food safety and food chain management. Poor management can of these elements can lead to additional issues for both the patients and government organisations through incidents such as food borne outbreaks. Trying to achieve the ultimate purpose of public health, research will consider if hospital food helps or hinders this process. The aim is to explore public experiences and perceptions (in the UK and Egypt) of hospital food and its role in the healing process.

Methods: The methodology is a quantitative study, collecting data by an online questionnaire posted on social media platforms like Twitter, LinkedIn, and Facebook.

Results: The study concluded that, most of the participants are satisfied by the food offered and its quality. However 82% of respondents reported bringing food from outside the hospitals. Balanced hospital food menus that contain protein, fat, carbohydrate, minerals were perceived to positively impact on participants' healing process and patient satisfaction. Moreover, 88% that the food they eat is the most important factor in healing.

Conclusion: The researcher recommends that it is possible to re-establish the hospital as a space for communal eating by strategically integrating and enabling hospitality into hospital meal practices. Furthermore, family and friends should have a significant role in this process.

Keywords: Nutrition, Hospital Food, Patient Satisfaction, Patient Experience



Nicola Tucker

Exploring the perspectives of health visitors and school nurses who have had experience supporting families affected by parental imprisonment. A qualitative study.

Abstract

Background: The research aimed to explore a gap in the literature relating to the perspectives of Health Visitors and School Nurses who have had experience supporting families affected by parental imprisonment to establish if there are any specific barriers experienced when working with this distinct group.

Methods: The research adopted a qualitative design, utilising an online focus group discussion board format. 'Collabito' cloud software was used to record and transcribe the data. Thematic analysis was employed to identify, analyse, and report patterns within the data. The study used a homogenous sample of 6 Health Visitors, 8 School Nurses and 1 Registered Nurse undertaking the School Nursing Specialist Community Public Health Nursing course. Gatekeepers were used to generate an appropriate sample who were recruited via professional social media pages and via Liverpool John Moores University course lecturers

Results: All participants had some understanding on children of offenders although failed to identify them as a distinct group. There were differing opinions on how best to identify these families with some believing parental imprisonment should trigger children's social care involvement. Interestingly, the effects of parental imprisonment could be identified, however no participants had acknowledged or addressed these needs in practice. Awareness on support provisions was extremely limited, with only one participant being able to identify any provision for this group. A considerable barrier discussed was the lack of training provided to School Nurses and Health Visitors to enable them to adequately support children of offenders and their families, however all felt with the right support they were ideally placed to provide this service.

Conclusion: Health Visiting and School Nursing services should ask families about parental imprisonment at all core contacts. Training on children of offenders should be included within all Specialist Community Public Health Nursing university courses thereby ensuring that all School Nurses and Health Visitors have knowledge on this cohort before entry into this field of public health nursing. Furthermore, children of offenders training should become mandated across the School Nursing and Health Visiting services to ensure all professionals have sound, up to date knowledge on how to support this distinct group. Further research is needed to explore the impact that the Covid-19 Pandemic had on this cohort of children and their families and to ascertain families' perspectives of being supported by School Nurses and Health Visitors following the imprisonment of a family member.

Keywords: Imprisonment, Prisoners, Family, Children, Mothers, Fathers, Support, Help, Community-Based, School Nurse, Health Visitor, Specialist Community Public Health Nurse, Community Practitioners, Perspectives,



Evelyn Ugbelase

An exploration of paternal postpartum depression and its effects on their children and spouses: A scoping review

Abstract

Background: Postpartum depression (PPD) is one of the common mental health issues among new parents. Many studies have researched PPD in women, however, the condition is not so well understood in men. There is mounting evidence that men experience symptoms of depression after the birth of a child. It is important that healthcare professionals understand this condition in order to promote the health and wellbeing of fathers. The aim of this scoping review was to explore the psychological experience of fatherhood and risk factors for paternal postpartum depression (PPD) and its effect on their children and spouses through the following objectives: exploring the prevalence of paternal postpartum depression (PPD), identifying the associated or causative risk factors, identifying symptoms or behaviours of fathers that may indicate postpartum depression and understanding the adverse effect of PPD on children and their families.

Methods: A scoping review of literature published between 2011 - 2021 was conducted in April 2022 in three key databases to identify eligible papers. Papers were screened by titles and abstract and subsequently by full text research articles. Arskey and O'Malley's five stage methodological framework for scoping reviews was employed. Extracted data was charted, classified and summarised.

Results: Eight studies were selected for analysis after duplicates were removed. Three qualitative and five quantitative studies. Five key themes were developed from the literature: risk and behavioural patterns; experiences of fatherhood; risk factor or predictors of paternal postpartum depression; out of control and helplessness and effects of paternal postpartum depression.

Conclusion: The review established that postpartum depression in fathers has a significant impact on their wellbeing, the wellbeing of their children and their spouses. Recommendations include: increasing awareness, recognition, and knowledge of paternal postpartum depression for healthcare professionals and parents; promoting mental health among new parents, encouraging healthcare professionals to engage parents in maternity and perinatal healthcare services, and offer screening. Additional research is needed into the experiences of men during the first year of their offspring's life

Keywords: Postpartum, Postnatal, Depression, Risk Factor, Symptoms, Fathers, Dads.



Niamh Woodhouse

What are the motives for controlled drug use in university students, and are they influenced by student experiences at university?

Abstract

Background: The levels of which UK university students use substances without the knowledge to do so safely is concerning. The public health consequences of problematic substance use are extensive including the economic cost, mental health issues and risk behaviours. However, there is a gap in the literature regarding the motivations behind these high levels of substance use and whether aspects of the university experience can influence these reasons. The aim of this study is to examine perceived motivations for controlled drug use in UK university students, and to determine if aspects of student experience influence these motivations in order to fill the gap in existing literature.

Methods: Data was collected via convenience sampling using a questionnaire. Of 88 participants who completed the survey, after screening, 67 students were included in analysis. Correlational analyses were used to determine the relationships between the following variables: university experiences and motivations for substance use, motivations for substance use and substances used, and university experiences and substances used. Relationships were deemed statistically significant when $p < 0.05$.

Results: Of the 67 participants, only 10 reported no use of any substances. The most reported substances included alcohol, tobacco, cannabis and cocaine. All perceived motivations were above the scale midpoint of 2.50, with enhancement and social having the highest scores. Correlational analysis showed that while aspects of student experiences had significant influence on motivations for substance use, overall student experiences did not. Furthermore, enhancement motivations had significant relationships with cannabis, tobacco and cocaine and social motivations were linked to cannabis use. However, alcohol was negatively correlated with social, conformity, self-expansion and performance motivations. Finally, the majority of student experiences had no significant influence on students' illicit drug use.

Conclusion: There is an increasingly high prevalence of substance use within UK universities, as well as a range of perceived motivations for this substance use. However, student experiences may not be as important an influence as previously imagined; future research should aim to discover what may be influencing students' substance use and their motivations for taking illicit substances. The high level of substance use reported suggests a need for education in universities regarding alcohol, substance use and general health as well as greater promotion of welfare services offered to students.

Keywords: Substance Use, Motivations, Student Experiences, Alcohol. Students, University, Illicit Drugs



Anu Yohannan

The impact of stress on emotional eating behaviour among LJMU students.

Abstract

Background: The impact of stress on emotional eating behaviour is a topic of considerable attention. A University student's eating behaviour can be impacted by stressful circumstances. Studies suggest that stress-prone students frequently alter their quality and quantity of food intake. It is unclear what factors contribute to the parameters linked with stress-eating behaviour. This study intends to investigate the relationship between stress and emotional eating behaviour among LJMU students.

Methods: A cross-sectional study was carried out with a total of 27 participants aged 18 or more who were undergraduate or postgraduate students. This study used an online questionnaire that included questions based on the validated perceived stress scale (PSS) and the Salzburg stress eating scale (SSES). It takes only 10 minutes to complete. Participants were requested to fill out the questionnaire that asked about their sociodemographic characteristics like gender, age, international status, education level and stress level and emotional eating behaviour.

Results: The collected data were analysed using SPSS software. The study found that there is no significant correlation between emotional eating behaviour and stress ($r = 0.259$ $p = 0.212$). In addition to that, there is statistically insignificant difference found between gender ($p = 0.726$), age ($p = 0.726$), international status of the student ($p = 0.386$), and education level of student ($p = 0.766$) with SSES score. Also found insignificant difference between age ($p = 0.396$), gender ($p = 0.648$), international status of the student ($p = 0.386$) and education level ($p = 0.364$) with PSS score.

Conclusion: This study found that the majority of the university students have moderate stress (72%) and they eat less when experiencing stress (66.7%). Therefore, this finding highlights that student eat less when they experience stress. In summary, this study emphasises the necessity for improving healthy diet and eating habits, and effective stress management techniques among university students for reducing stress and unhealthy diet related health risk.

Keywords: Stress, Emotional Eating Behaviour, PSS (Perceived Stress Scale), SSES (Salzburg Stress Eating Scale).



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