



UNIVERSITY OF  
BIRMINGHAM

**ESRC DTC Joint Studentship between Division of Mental Health and Wellbeing at the University of Warwick and University of Birmingham**

**Project Title:** Sleep problems and impairment in young people at risk of developing psychiatric disorders: can technology be used in treatment?

This PhD student will investigate the sleep patterns of young people at risk of developing a psychiatric disorder such as psychosis, the impact of these sleep patterns on symptom development and functioning, and feasibility of using technological interventions to improve these patterns. There is some flexibility in the research question and scope dependent on the student's interests and previous experience.

It is envisaged that the PhD project will include:

- Conduct a small study to delineate the sleep patterns in those meeting at risk criteria as identified by the staging model of psychiatric illness, collect both questionnaire/interview data and objective measures of sleep (actigraphy/polysomnography).
- Systematic review on a relevant aspect related to the project (e.g. a review of the available technological interventions to treat sleep disorders).
- Conduct focus groups and interviews with a group of young service users and clinicians to see if young people with developing psychiatric disorders with sleep difficulties will engage with specific treatment approaches
- At the end of the studentship there should be sufficient evidence to evaluate whether a trial of a technological intervention for sleep is warranted in young people at risk of developing a psychiatric disorder.

The successful candidate will join a vibrant and expanding research team at the University of Warwick within the Division of Mental Health and Wellbeing.

The studentship is an exciting collaboration with the University of Birmingham

The first academic supervisor will be Associate Professor Andrew Thompson, Division of Mental Health and Wellbeing, Warwick Medical School. Additional supervision will be provided by Dr Nicole Tang and Francesco Cappuccio in Warwick and Professor Stephen Wood and Dr Katie Chisholm in Birmingham

The successful candidate will be expected to start on 3<sup>rd</sup> October 2016 and will be located at Warwick Medical School.

The applicant should have a mixed methods background with some qualitative research experience. Some training (e.g. a Master's degree) in either epidemiology or social science or

a mental health subject will be advantageous. Knowledge and an interest in new technologies would also be advantageous.

Our ESRC studentships cover fees and maintenance stipend (if eligible) and extensive support for research training, as well as research activity support grants. For eligibility requirements please visit

[http://www2.warwick.ac.uk/fac/cross\\_fac/esrcdtc/studywithus/eligibility/](http://www2.warwick.ac.uk/fac/cross_fac/esrcdtc/studywithus/eligibility/)

The closing date for applications is Friday 29th April 2016. Interviews will be held late May at the University of Warwick.

Please contact Associate Professor Andrew Thompson for further information:

[andrew.d.thompson@warwick.ac.uk](mailto:andrew.d.thompson@warwick.ac.uk) or 024 7657 4387.

To formally apply, please send a copy of your Curriculum Vitae (CV) and a one page personal statement at [wms.rdcoord@warwick.ac.uk](mailto:wms.rdcoord@warwick.ac.uk) clearly stating the studentship you are applying for.