

# Postgraduate Research Day 2019

Friday, 24<sup>th</sup> May 2019

9:00am-4:00pm

Oculus building, OC0.04

University of Warwick



Postgraduate Research Day Programme

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9.00am-4:00pm

9:00-9:45	Welcome coffee, setting up posters	
<b>9:45-9:50</b>	<b>Opening Speech</b> ( <i>Anu Realo</i> )	
<b>9:50-10:50</b>	<b>Talks (Session I)</b>	
9:50-10:10	<i>Emma Dandy</i>	“Mad, Sad and Bad” to Dad: Male Care-Leavers Experiences of Fatherhood
10:10-10:30	<i>Danielle G. Norman</i>	Caught Virtually Lying- Deception Detection in Virtual Reality using the Concealed Information Test
10:30-10:50	<i>Courtney Poole</i>	Living Alone with Dementia
<b>10:50-11:20</b>	<b>Poster Session 1 &amp; Coffee</b>	
<b>11:20-12:20</b>	<b>Talks (Session II)</b>	
11:20-11:40	<i>Noorin Rodenburst</i>	Sentence Comprehension in Monolingual and Bilingual Children: A Pilot Study
11:40-12:00	<i>Riddhi Prajapati</i>	Exploring the Lived Experiences of South Asian Women with Medically Unexplained Symptoms: An Interpretative Phenomenological Analysis
12:00-12:20	<i>Yiven (Eva) Liu</i>	Gender and Victimization, Not Prematurity, Predicts Self-Esteem Trajectories into Adulthood
<b>12:20-13:20</b>	<b>Lunch</b>	
<b>13:20-14:00</b>	<b>Talks (Session III)</b>	
13:20-13:40	<i>Alina Gutoreva</i>	Risky Choice from Social and Personal Experience
13:40-14:00	<i>Tom Kelly</i>	Described Blocking- Examining an Excellent Answer, to the Wrong Question
<b>14:00-14:30</b>	<b>Poster Session 2 &amp; Coffee</b>	
<b>14:30-15:10</b>	<b>Talks (Session IV)</b>	
14:30-14:50	<i>Amanda Haines</i>	Young Men’s Experiences Following a Suicide Attempt: An Interpretative Phenomenological Analysis
14:50-15:10	<i>Melissa Reddy</i>	The Impact of Coordinated Movement and Ostensive Cues on Young Children’s Commitment to Joint Action
<b>15:10-15:30</b>	<b>Poster Session 3 &amp; Awards Voting</b>	
<b>15:30-15:45</b>	<b>Awards Announced &amp; Close of Day</b> ( <i>Robin Goodwin and Anu Realo</i> )	
15:45-16:00	Poster Collection	

## Poster presentations

<b>Rhiannon Bill</b> (Coventry University)	The Role of Trait Emotional Intelligence in Relationships between Life Dissatisfaction, Stress and Mental Health Difficulties in Adolescence
<b>Robyn Cooley</b> (Coventry University)	Patient's Experiences of Restrictive Interventions at a Medium Secure Psychiatric Unit: An Interpretative Phenomenological Analysis
<b>Amy Jordan</b> (Coventry University)	"I felt like I was floating in space": Autistic Adults' Experiences of Low Mood and Depression
<b>Aleksandra Krogulska</b> (University of Warwick)	Should I Keep Studying? Consequences of a Decision to Stop Learning in Young and Older Adults
<b>Gemma Leddie</b> (Coventry University)	A Qualitative Exploration of CAMHS Nurses' Experiences of Working with Adolescents who Self-Harm
<b>Abbie Littlewood</b> (Coventry University)	Husband's Experiences of Caring for their Wife Following a Stroke
<b>Trease McCarthy</b> (Coventry University)	Exploring How Young Women with Polycystic Ovary Syndrome Experience their Intimate Partner Relationships
<b>Laura Onens</b> (Coventry University)	The Lived Experience of Males Who Have Complications of Type-2 Diabetes and Symptoms of Low Mood: An Interpretative Phenomenological Analysis
<b>Victoria Perry</b> (Coventry University)	The Relationship between Intolerance of Uncertainty and Anxiety in Rare Genetic Syndromes
<b>Katrina Tse</b> (University of Warwick)	Relationship between Maternal Sleep, Self-Pain Experience and Mood on Perception of Infant Pain: A Pilot Study

## Talk Abstracts

*(In order of appearance)*

### 1. “Mad, Sad and Bad” to Dad: Male Care-Leavers Experiences of Fatherhood

*Emma Dandy (Coventry University)*

**Aims:** The transition to fatherhood can be challenging and impact upon father’s emotional health and wellbeing. For those fathers who have care experience, the transition to parenthood may have even greater impact on mental health. Experiences of physical, sexual and emotional abuse in childhood correlates with increased rates of depression, self-harm and suicide in adulthood. Previous research has highlighted the importance of the father-child relationship in child development, however, little research has focused on fatherhood from the perspective of males with care experience. Using an Interpretative Phenomenological Analysis (IPA), this study aimed to explore the lived experiences of fathers with care experience. **Method:** Five participants completed semi-structured interviews and data was analysed in accordance with guidelines by Smith et al. (2009). **Findings:** Three key superordinate themes emerged; Going Back to Move Forward, Reliving the Past and Breaking the Cycle which encapsulated eight subordinate themes. **Conclusion:** Participants described being a father as a chance to relive their childhood and feel accepted as part of a family which impacted positively on their sense of self from “Mad, Sad and Bad” to Dad. Clinical implications for policy and practice, as well as directions for future research are explored.

### 2. Caught Virtually Lying- Deception Detection in Virtual Reality using the Concealed Information Test

*Danielle G. Norman and Derrick G. Watson (University of Warwick)*

The Concealed Information Test (CIT) is a psychophysiological deception test designed to detect whether an individual is concealing recognition of details relating to a crime. Typically, in the CIT, crime related stimuli are presented to the suspect as words or images on a PC-monitor. In our study the authors developed a novel virtual reality (VR) based CIT to test whether suspect’s recognition to crime details would increase resulting in higher deception detection rates than the traditional approach. Participants (n=128) were assigned to an innocent or guilty condition. In the guilty condition participants carried out a mock crime and innocent participants did nothing. Participants then completed a CIT presented on a PC-monitor or in a VR environment with 1:1 scale, 3D, photo-realistic models of the crime scenes and objects. During the CIT participant’s heart rate and skin conductance were recorded. The results revealed that the skin conductance CIT effect was larger for guilty participants undergoing the VR CIT compared to the PC-monitor CIT ( $p < .001$ ) and this difference resulted in a higher detection rate ( $p = .021$ ). There was no VR vs. PC-monitor effect for the heart rate data. To the authors knowledge, this study is the first to develop and test a VR CIT and consequently demonstrate its advantages over the traditional approach. This work also highlights the importance of attention and memory in the CIT and offers both theoretical and practical insights extending outside CIT research.

### 3. Living Alone with Dementia

*Courtney Poole (Coventry University)*

Background: Rates of dementia are increasing year on year, and around a third of people with dementia are thought to live alone. Living alone with dementia is associated with increased risk and higher levels of unmet need. However, little is known about the experience of living alone with dementia and no theoretical model exists to explain the phenomenon. Methods: Intensive interviews and grounded theory methodology were used to explore the experiences of people aged between 60 and 88 who live alone with dementia (n=7), as well as their friends or family members (n=7). Results: A theoretical model was constructed to explain the experience of living alone with dementia. Core categories included *Coping* and *Helping*, with experiences of *Welcome Aloneness* and *Unwelcome Aloneness* resulting from living alone with dementia. Contextual factors surround the core categories; *Navigating the Diagnosis* leads to *Experiencing Dementia*, which in turn leads to the *Impact on Self* and *Impact on Others*. These then *Impact on Roles and Relationships* in a reciprocal fashion. Finally, *Temporality*, referring to *The Future and Future-Focussed Concerns*, both surrounds and permeates all other aspects of the model. Discussion: The model is discussed in the context of existing literature relating to living alone and ageing, living with dementia, and supporting people with dementia. Recommendations for clinical practice and future research are discussed.

### 4. Sentence Comprehension in Monolingual and Bilingual Children: A Pilot Study

*Noorin Rodenburst (University of Warwick)*

Sentence comprehension is an under-researched topic due to the complex nature of bilingualism. This pilot study compared monolingual English-speaking children with bilingual English/ Gujarati-speaking children and their ability to understand transitive and intransitive sentences containing novel verbs. Replicating a study by Noble, Rowland and Pine (2011), 3-year-old children were shown videos of animated characters carrying out actions whilst listening to transitive or intransitive sentences, pointing to the characters that match the sentence. Standardised vocabulary and sentence processing measures were also carried out, as well as a range of executive control measures to examine their relationship to the sentence comprehension task. The pilot did not replicate Noble, Rowland and Pine and the results and implications from this pilot will be discussed.

### 5. Exploring the Lived Experiences of South Asian Women with Medically Unexplained Symptoms: An Interpretative Phenomenological Analysis

*Riddhi Prajapati (Coventry University)*

Medically unexplained symptoms (MUS) are persistent bodily symptoms which cannot be explained by adequate medical examination. The symptoms can cause significant distress and impaired functioning, and account for up to 20% of primary care consultations. Cross-cultural variations indicate that South Asian women with MUS utilise healthcare services more than other groups. Although studies have explored the association between cultural factors and MUS, they are predominantly from the perspective of the healthcare system and employ quantitative methodologies. Interpretative phenomenological analysis was used to explore six South Asian women's experiences of living with MUS and seeking support. Three super-ordinate themes emerged: *Fragmented identities*, *Suffering in silence*, and *Reconstructing identities*. These women had endured traumatic experiences and managed multiple demands in their lives

prior to their MUS, and then lost their agency and identity as a result of their pain symptoms. They faced shame and stigma from their communities, and were consistently dismissed by professionals, leading to isolation and silent suffering. These women therefore made ongoing attempts to make sense of their MUS autonomously, by searching for explanations and navigating through resilience and support. It is argued that South Asian women with MUS are marginalised at multiple levels in their lives, by way of their needs being ignored and their emotional distress being silenced and medicalised. Recommendations are made for services and clinicians to implement a more culturally-sensitive and person-centred approach, and to acknowledge the impact of traumatic experiences on the expression and experience of MUS for South Asian women in the UK.

## **6. Gender and Victimisation, Not Prematurity, Predicts Self-Esteem Trajectories into Adulthood**

*Yiwen (Eva) Liu, Marina Mendonca, Peter Bartmann and Dieter Wolke  
(University of Warwick)*

Self-esteem is an important predictor for mental well-being. Those born very preterm have been reported to have lower self-esteem. However, it is unknown whether trajectories of self-esteem from childhood into adulthood are explained by prematurity or other individual or environmental risk factors. The Bavarian Longitudinal Study is a population-based very preterm (VP; <32 weeks gestation) or very low birth weight (VLBW; <1500g) cohort with term born controls. Self-esteem from 6 to 26 years were measured for three domains: body, peers and cognition. Latent class growth analyses were used to identify trajectories of self-esteem, and regression models were used to examine the effects of prematurity, as well as individual, social and parental factors. Three classes were identified for body: a high group, medium-low group, and extremely low group. Two classes were identified for peers, an increasing group and decreasing group. Two classes were identified for cognition although differences were small. Being born VP/VLBW did not explain differences in self-esteem trajectories once the models were adjusted for individual differences, peer relationships and parenting. Being female was a significant predictor for worse body and peers but slightly better cognition and being bullied was a significant predictor for worse body and peer self-esteem. Children born VP/VLBW are not at risk of having worse self-esteem once other individual, social and family factors are taken into account. Interventions should focus on enhancing self-esteem for females and in reducing bullying behaviours in schools with a focus on VP/VLBW children who are at increased risk of being bullied.

## **7. Risky Choice from Social and Personal Experience**

*Alina Gutoreva (University of Warwick)*

People can acquire new information either via personal experiences or from the socially transmitted experience of others. Social learning is learning that is influenced by observation of or interaction with another individual, or their products, whereas asocial or personal learning does not involve such social interaction. Here, we investigate one possible cause for Description-Experience Gap — that descriptions represent a social source of information, which leads to differential weighting of rare events. We add social information into an experience-based protocol to examine whether there is a potential difference in the risk preference and perception of rare events when learning from personal experience versus when observing experience of another person. Two experiments examined risky choice when learning from personal experience versus when learning from directly observing the experience of another person. The results showed that people trended toward choosing more riskily in the social condition than in the personal experience conditions, as though they were underweighting rare events less. This pattern in the social condition more closely resembles what is observed when people make

risky decisions from description, suggesting that part of the description-experience gap in risky choice may come from descriptions acting as a transmitter of social information.

## 8. Described Blocking: Examining an Excellent Answer, to the Wrong Question

*Tom Kelly (University of Warwick)*

This presentation details an attempt to replicate standard blocking and to establish a novel effect - described blocking. Blocking occurs when a stimulus is not associated with a reward it consistently precedes due to a previously learned stimulus-reward pairing. Participants were taught stimulus-reward pairings with compound stimuli during a 3-phase experiment. In all phases participants were asked to state if the individual stimulus or the compound stimulus predicts reward. To investigate the standard blocking effect; in P1a participants are shown compounds to learn the value of a distractor or blocking stimulus, in P2 this distractor is paired with a target or blocked stimulus. In P3 participants are shown stimuli on their own. The key prediction is that target stimuli will elicit a lessened reward prediction than controls. To investigate described blocking; P1a is replaced by simply telling participants the distractor has value (P1b). P2 and P3 proceeded as normal and are shared between standard and described blocking. Based on P3 data there was no indication that participants valued targets less than controls. Participants responses across all 13 stimuli were more indicative of simple associative learning than prediction error driven learning. Indeed, ranking the 13 stimuli by how highly participants associated the stimulus with reward maps onto how often participants saw a stimulus rewarded in the compound trials in P1a and P2. Participants did however show excellent evidence of learning, suggesting potential routes for future research. Participants, in effect, did an excellent job of answering the wrong question.

## 9. Young Men's Experiences Following a Suicide Attempt: An Interpretative Phenomenological Analysis

*Amanda Haines (Coventry University)*

Purpose: Young men are at high risk of suicide and those who attempt suicide and are at an increased risk of re-attempting. However, there is currently limited research into how men experience life after a suicide attempt. This qualitative study aims to explore young men's experiences within 3 years of a suicide attempt. Methods: Four males between ages 27 and 34 years were recruited from community mental health teams. Semi-structured interviews were conducted with a visual timeline to gather detailed accounts of participants' experiences following a suicide attempt. Main Findings: Interpretative phenomenological analysis revealed three superordinate themes. The first theme, '*sense of self*', describes how participants experience a loss of identity in terms of their personal qualities and role in their family and society, whilst going through a process of understanding themselves as a person with mental health difficulties and accepting that they need help from others. The second theme, '*fear of self*', involves a fear of re-attempting, leading participants to pace themselves, and a stigma driven fear of being judged, leading to social withdrawal and isolation. The third theme, '*reconnecting with the self*', encompasses an experience of being forced by themselves and others to re-engage with life, and a process of developing self-awareness and a sense of control over their reactions. Conclusions: The findings are discussed in the context of the current literature and the study limitations. Clinical implications are also discussed with recommendations for future research.

## 10. The Impact of Coordinated Movement and Ostensive Cues on Young Children's Commitment to Joint Action

*Melissa Reddy, Sotaro Kita, John Michael and Barbora Siposova (University of Warwick)*

Commitments are important in social life. Previous research has revealed a basic understanding of joint commitments by age 3 (e.g., Gräfenhain et al., 2009, 2013; Kachel et al., 2017). While these studies investigated commitments made verbally, recent studies have highlighted the importance of nonverbal cues to commitment, such as coordination (Michael et al., 2016) and ostensive eye contact (Siposova et al., 2018; Wyman et al., 2013). There's a lack of research directly probing the development of children's sensitivity to such cues. The current study addresses this gap by investigating the effects of nonverbal cues on young children's commitment to a joint activity in the absence of an explicit verbal commitment. In a between-subjects design with 3 conditions (N=90), we compare how 4-year-olds respond when their adult play partner either: A) ostensively coordinates with them during their joint activity; B) coordinate's non-ostensively; or C) does not coordinate. We measure the degree of children's commitment by how long they resist temptation to switch from the main game to an attractive alternative, and verbal and nonverbal acknowledgements they show when switching. Data collection is currently in progress. The results will inform us about the effect of coordination and ostensive cues on children's commitment.



## Poster Abstracts

\*In alphabetical order

### 1. The Role of Trait Emotional Intelligence in Relationships between Life Dissatisfaction, Stress and Mental Health Difficulties in Adolescence

*Rhiannon Bill (Coventry University)*

**Aim:** Adolescents are exposed to an array of stressors which may impact their mental health. It is crucial to identify factors that can reduce their risk of developing mental health difficulties. This study explores associations between life (dis)satisfaction, perceived stress and mental health difficulties in adolescents, and examines whether trait emotional intelligence acts as a resilience factor in these relationships. **Methods:** Data was collected from 268 adolescents across four UK schools and colleges using a cross-sectional design. Participants completed questionnaire measures of life (dis)satisfaction, perceived stress, daily hassles, mental health difficulties and trait emotional intelligence. Three mediation models were tested to assess whether perceived stress mediated a relationship between life (dis)satisfaction and mental health difficulties, and whether trait emotional intelligence mediated relationships between both life (dis)satisfaction and perceived stress, and mental health difficulties. **Results:** All three models were supported. Perceived stress partially mediated a relationship between life (dis)satisfaction and mental health difficulties. Trait emotional intelligence reduced the strength of the relationships between life (dis)satisfaction and perceived stress, and mental health difficulties by more than a half, suggesting it facilitates resilience. Of the daily hassles assessed, adolescents reported most frequently feeling stressed in relation to school work and exams. **Conclusion:** These findings highlight the role of life dissatisfaction and trait emotional intelligence in influencing adolescents' mental health. It is argued that interventions aimed at improving young people's wellbeing might simultaneously target emotional intelligence and factors that lead to life dissatisfaction and stress in adolescents. Implications for school and colleges are discussed.

### 2. Patients' Experiences of Restrictive Interventions at a Medium Secure Psychiatric Unit: An Interpretative Phenomenological Analysis

*Robyn Cooley (Coventry University)*

**Purpose:** Literature asserts that restrictive practices are inherently harmful to the psychological wellbeing of psychiatric inpatients. However, research exploring patients' experiences in forensic mental health services are limited. The current study aims to explore forensic psychiatric patients' experiences of restrictive interventions in a medium secure service. **Methods:** Six adult, male participants were recruited to the study. Audio-recorded, semi-structured interviews were conducted to gather their experiences of restrictive practice in a medium secure psychiatric service. The data was analysed using an Interpretative Phenomenological Analysis framework. **Main Findings:** The findings revealed three superordinate themes: '*Powerlessness*' (participants reported their experiences of their voices not being heard and feeling physically powerless), '*A sense of injustice*' (participants reflected their emotional distress, as well as their experiences that staff made little attempt to understand the meaning that the restrictive practice held for them) and '*A sense of resignation*' (participants described the techniques they employed to manage these restrictive interventions, for which they had come to hold an attitude of uneasy acceptance). **Conclusions:** Participants' experiences were considered in the context of existing literature. Clinical and service implications, as well as recommendations for future research are discussed.

### 3. “I felt like I was floating in space”: Autistic Adults’ Experiences of Low Mood and Depression

*Amy Jordan (Coventry University)*

It is recognised that a high proportion of adults on the autism spectrum experience depressive symptoms. However, limited research has explored autistic peoples’ experiences of low mood and depression. The aim of this study was to explore the lived experiences of adults who experience low mood and depression and are on the autism spectrum. The study employed interpretive Phenomenological Analysis (IPA) to investigate the experiences of 8 adults (7 males and 1 female), aged between 19 and 51, who had a diagnosis of autism without co-occurring learning disabilities. Participants also experienced low mood or depression. All participants recorded their thought and feelings in a mood diary for one week and participated in a semi-structured interview. Three superordinate themes emerged from the data: “Autism has made me the person I am”, “I can’t function in the world” and “It’s like trying to do accounts on the futures market”: Making sense of emotions. Various experiences that contributed to these themes, including receiving a diagnosis of autism, struggling to fit in with society, and seeking support, are explored. Findings highlight a need for specialist mental health provision for adults who are on the autism spectrum. Limitations of this study, and implications for future research, are discussed.

### 4. Should I Keep Studying? Consequences of a Decision to Stop Learning in Young and Older Adults

*Aleksandra Krogulska, Karolina Golik, Krystian Barzykowski, and Elizabeth A. Maylor (University of Warwick)*

Often the amount of information we have to remember exceeds our memory capability, which may be especially challenging for people in late adulthood. We investigated how young and older adults decide to stop receiving new information during learning as a strategy for maximising memory performance. In Experiment 1, participants studied three lists of 50 words. In the control condition, to-be-remembered materials were presented in their entirety, whereas in the experimental condition, participants could stop the presentation of words before the end. A comparably high number of young and older adults decided to stop the presentation. This decision, counterintuitively, led to a decrease in the number of recalled words. Importantly, young and older adults chose a similar learning strategy: they stopped the presentation of to-be-remembered material at a similar point and suffered comparable consequences as reflected in their memory performance. In Experiment 2, participants read only the description of the task and then decided what they would do in a comparable situation. Even though numerically more older than young adults declared that they would have chosen to stop learning, the point at which they said they would do so was similar across age groups, and comparable to that observed in Experiment 1. Importantly, participants’ forecasted performance did not reflect the negative influence of this decision. Regardless of their age, people made a suboptimal decision to stop learning with little awareness of its negative consequences.

**5. A Qualitative Exploration of CAMHS Nurses' Experiences of Working with Adolescents who Self-harm**

*Gemma Leddie (Coventry University)*

**Aim:** Self-harm rates are increasing, with rates twice as high in adolescents relative to adults. An under investigated area of study is professionals' experiences of working with adolescents who self-harm in the community. Nurses are the frontline professionals who often work with adolescents who self-harm in the community. The subsequent aim of this research was to gain an understanding of Child and Adolescent Mental Health Service (CAMHS) nurses' experiences of working with adolescents who self-harm. **Method:** Within an interpretative approach, 10 qualified nurses (2 male, aged 25 to 55) working in two West Midlands' NHS Trusts were interviewed about their experiences of working with adolescents who self-harm. One-to-one semi-structured interviews were conducted and analysed using Interpretative Phenomenological Analysis (IPA). **Findings:** Two superordinate themes emerged, each consisting of two subordinate themes: '*Person and Professional Conflicts*' describing the interpersonal and intra-personal conflicts the nurses experienced working with adolescents who self-harm and the systems around them, and '*Person and Professional Development*' outlining the development the nurses have made and the ways they have learnt to manage the conflicts they experience. **Conclusions:** The nurses' experiences of person and professional conflicts and development are considered in the context of previous research. Clinical implications and directions for future research are discussed.

**6. Husbands' Experiences of Caring for their Wife Following a Stroke**

*Abbie Littlewood (Coventry University)*

**Aim:** This research aimed to investigate the experiences of husbands who care for their wives following a stroke. **Methods:** The study employed an interpretative phenomenological analysis (IPA) in order to explore the experiences of seven men who had provided informal care to a stroke survivor for at least one year. Semi-structured interviews were used to capture these experiences. **Results:** Three superordinate themes emerged from the analysis of these interviews: 1) Role-identity: confusion/uncertainty about their new role alongside a process of adjustment and taking control; 2) Self-identity: the husbands described a loss of their sense of self driven by limited autonomy and the impact of the caring role on their emotional wellbeing; 3) Dyadic-identity: husbands acknowledged a loss of who their wives were before the stroke and described a change in their connection as a couple. **Conclusion:** The findings highlight that the caring role can have a significant impact on the husbands' identity and relationship, a fact which is often underestimated by the husbands themselves. These findings are discussed with regards to implications for clinical practice and future research.

**7. Exploring How Young Women with Polycystic Ovary Syndrome Experience their Intimate Partner Relationships**

*Treasa McCarthy (Coventry University)*

Polycystic ovary syndrome (PCOS) is a chronic endocrine condition with symptoms including amenorrhoea, anovulation, hirsutism and acne. PCOS is associated with physical, psychological and sexual difficulties and feminine identity disruption. Women may experience difficulties in their intimate partner relationships (IPR) but this experience is poorly understood. This study aims to understand the experience of being in IPR as a young woman with PCOS. The research methodology employed was Interpretative Phenomenological Analysis. Seven young women from the UK took part in semi-

structured interviews. Results identified how women felt undeserving of their partners due to their compromised feminine identity. Most women feared losing their partners due to their perceived failings as women. The women all engaged in battles to be ‘proper’ women, where they sought to meet idealised beauty norms and bear children. While the fertility battle was shared with partners, and could result in a strengthening of the relationship, the beauty battle was usually hidden from partners. Intimacy was challenging both due to their perceived unattractiveness and, for some women, failed conception attempts. The study highlights the importance of providing holistic psychosocial care to women with PCOS that considers their relational context.

### **8. The Lived Experience of Males Who Have Complications of Type-2 Diabetes and Symptoms of Low Mood: An Interpretative Phenomenological Analysis**

*Laura Onens (Coventry University)*

Type 2 diabetes mellitus (T2DM) is the most common form of diabetes. There is a lack of research in the literature about the psychological perspectives and personal experiences of males who have T2DM, low mood and diabetic complications. Aim: This study aimed to explore the experiences of males receiving treatment for diabetes in the UK who share the common experiences of T2DM, low mood and physical complications. Method: A qualitative exploratory approach, Interpretative Phenomenological Analysis was employed to gain rich data and idiographic understanding. Semi structured interviews were conducted with six men with T2DM (aged 42 to 70) selected by purposive sampling from a diabetes centre in the UK. All of the men self-identified with having low mood and physical complications from their diabetes. Results: Possible findings relate to two overarching themes: (1) “I’m not important” identifies with men’s experiences of self-doubt, earlier experiences of not having needs met and the impact this has on seeking and receiving care; (2) Identifies “Resistance to change” with limits to the men’s capacities to change and a battle to control their lives as they know them. Clinical Implications: The findings may indicate ways to better psychologically support this client group as well as facilitate more consistent help seeking through better insight of psychological need.

### **9. The Relationship between Intolerance of Uncertainty and Anxiety in Rare Genetic Syndromes**

*Victoria Perry (Coventry University)*

Aim: Cornelia de Lange syndrome and Fragile X syndrome are rare genetic syndromes associated with intellectual disability, co-morbid autism spectrum disorder and high levels of anxiety. Research in autism has found intolerance of uncertainty mediates the relationship between autism-symptomatology and anxiety and could inform new interventions for anxiety in autism that focus on improving tolerance of uncertainty. The same relationships may exist in these rare genetic syndromes and may also inform anxiety interventions for these syndrome groups. Method: 68 participants with Cornelia de Lange and Fragile X syndromes participated in a cross-sectional questionnaire study to examine the relationship between intolerance of uncertainty, anxiety and autism symptomatology. Findings: Significant relationships were found between autism symptomatology, anxiety and intolerance of uncertainty in both syndromes. Consistent with the pattern seen in autism spectrum disorder, intolerance of uncertainty was found to be mediating the relationship between autism symptomatology and anxiety in Cornelia de Lange syndrome. However, this relationship was not found in Fragile X syndrome. Conclusion: Results are discussed in relation to current autism literature. It is suggested that other factors may be contributing to the autism-anxiety relationship in FXS. Suggestions are made for future intervention-based research for anxiety in Cornelia de Lange syndrome.

## **10. Relationship between Maternal Sleep, Self-Pain Experience and Mood on Perception of Infant Pain: A Pilot Study**

*Katrina Tse (University of Warwick)*

Accurate perception of infant pain is crucial when it comes to performing appropriate care duties for one's own baby. Previous research showed that perception of infant pain can be affected by the observer's identity, such as parental status and sex of the individual. However, little is known whether it would also be affected by the observer's internal states, including their sleep, self-pain feelings and mood. This study examined the role of mother's sleeping quality, their self-pain feelings and their mood on their interpretations of pain from looking at unfamiliar baby photos. 252 mothers completed an online study, which involves completing questionnaires about their sleep, self-pain feelings and mood, as well as providing pain ratings for a set of baby photos displaying positive, neutral and negative expressions. This pilot study established that mothers were able to differentiate different levels of pain from the three different types of baby photos. The results also showed that mothers with high self-pain provided higher pain ratings for all photos. Furthermore, there were no significant differences in pain ratings between (i) good and poor sleepers, and (ii) mothers with different moods. The paper discussed possible directions for future research.