

Title of PhD project / theme	The development of a mental health awareness education package for those at risk of cardiovascular disease. For a Japanese audience.
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Brief description of project / theme	<p>We recognise that mental health issues such as depression and anxiety in Japan are relatively common with an increasing risk of developing other chronic conditions such as cardiovascular diseases (CVDs)¹⁻⁶.</p> <p>Cardiovascular diseases are among the leading cause of death in most developed countries and the risk of developing CVDs due mental health issues is high⁷⁻⁸. The prevalence of mental health issues such as depression is reported to be approximately 20% in patients with cardiovascular diseases; and 30–40% in patients with heart failure⁹.</p> <p>There is still a great stigma in Japan regarding mental health issues and disorders and as a result mental health awareness is poor with very few studies examining the link between mental health and risk of CVDs¹⁰⁻¹¹. It is crucial that we work towards an understanding of how we can help people to better manage their mental health in order to prevent the risk of developing other chronic diseases such as CVDs.</p> <p>Self-management education training packages may help to increase mental health awareness and the risks of CVDs¹¹⁻¹⁴.</p> <p>By developing a culturally tailored education programme with the aim of increasing people’s knowledge of mental health and lifestyle management skills, this may improve mental wellbeing and thus prevent risk of CVDs.</p> <p>The project aims to explore mental health issues and the prevention of cardiovascular disease through developing an culturally tailored educational training package on coping with stress, managing low mood and developing techniques to change risk behaviours such as poor diet and sedentary lifestyle.</p> <p>Step 1: Systematic review on mental health and risk of CVD within Japan and neighbouring Asian countries.</p>

Step 2: Needs assessment through stakeholder surveys, focus groups and interviews.

Step 3: Co-design workshops on priority themes for the content of the education package.

Step 4: Content development of the education package

Step 5: Field testing content and education package with the target audience.

Step 6: Refining package through holding stakeholder events.

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<p>The role of LSHTM and NU in this collaborative project</p>	<p>LSHTM will provide the support on psychological and behavioural intervention development. In addition, we have a cardiovascular research group, which will provide further support and advice throughout the PhD programme.</p> <p>NU will be able to support and advise on stakeholder and participatory workshop development – supporting with the recruitment of participants, contributing to survey distribution and support and advice with culturally tailoring the education package.</p>
<p>Particular <i>prior</i> educational requirements for a student undertaking this project</p>	<p>MSc in social science, global health, mental health or chronic disease/health care related MSc Statistical background Concept of complex interventions</p>
<p>Skills we expect a student to develop/acquire whilst pursuing this project</p>	<p>Qualitative methodology Public and patient engagement Understanding of complex interventions/behavioural intervention Mental health and integrated care.</p>