

Research Award:

Assessment of the asthma specific emotional profile in individuals with asthma and their partners.

Awarded to: Judit Varkonyi-Sepp and P. Howarth **Amount:** £8,321

Lay summary

We were awarded the grant to gain a better understanding of the nature of anxiety and depression in people living with asthma and the interaction with their partner's distress. This is important because it is increasingly recognised that the well-being of patients living with chronic disease such as asthma and their partner's well-being mutually influence each other. Since the award, we have secured two additional sites, Portsmouth Queen Alexandra Hospital and the Isle of Wight to collaborate on the study. The study also received great interest from across England and more sites are keen to join if this will become possible however initially we would like to offer participation to patients in the Wessex region only. The Southampton and Portsmouth sites are open and actively recruiting. Set up of the Isle of Wight sites is in progress.

Our work in progress has been presented at a conference and published in a society journal as listed below. We aim to collect nearly half of our study data by the summer 2018. We are then planning to meet the patient and public involvement group that helped us shape the research so far, to discuss the data and where to present our work.

Publications

- Varkonyi-Sepp, J., Cross, A., & Howarth, P. (2017). Setting up and initiating patient public involvement (PPI) as a collaborative process benefits research in its early stages. *Health Psychology Update*, 26(2), pp. 10-17.
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Posters

- Involvement as a collaborative process benefits research in its early stages. British Psychological Society Division of Health Psychology Annual Conference, Cardiff 7 September 2017. The poster won the 'Delegates' Choice' award.
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