



Title of PhD project	Improving the effectiveness of diabetes self-management education and behavioural support in Thailand, India, and Uganda	
Supervisor	Professor Sanjay Kinra	LSHTM
Co-Supervisor	Dr Salina Ahmed	LSHTM
Brief description of project	<p>Diabetes mellitus is amongst the foremost health challenges facing policy makers in many low- and middle-income countries. Diabetes self-management education programs have been shown to be effective in reducing the impact of diabetes and its related complications in many high-income countries, but evidence from low- and middle-income countries with different socio-cultural context and health infrastructure is lacking.</p> <p>The MRC have funded us to undertake two related projects involving the development and evaluation of lay counsellor delivered culturally tailored interventions for diabetes self-management education in Thailand (for type 2 diabetes; N=600) and India and Uganda (gestational diabetes; N=20,000). We also have advanced plans to scale the Thailand intervention across an entire province (N=30,000 diabetes patients) with support of the local policy makers. Alongside the data on effectiveness of interventions considerable data are being collected on intervention delivery (fidelity, dose, and reach), causal mechanisms, and contextual factors (barriers, facilitators) associated with variation in outcomes. Quantitative questionnaire data is being collected on all participants and qualitative/ ethnographic (video recordings, structured interviews, and focus group discussions) on smaller purposive samples. The primary objectives of this PhD will be to: a) establish the determinants (e.g. socio-cultural, psychological, and programmatic) of effectiveness of these interventions by analysing the available quantitative and qualitative data, b) synthesise the evidence from these studies (and existing literature) to identify cross-cutting learnings for improving the effectiveness of such interventions in low- and middle-income countries, and c) review the findings with key stakeholders in the countries of interest to refine the conclusions. From this project, the student will develop skills in process evaluation of complex interventions, quantitative analysis of</p>	

	<p>large datasets, data science (depending on the interests of the student), qualitative and video research methods, behavioural science, and interdisciplinary research. The student will also improve their understanding on issues related to management of chronic conditions in low- and middle-income countries.</p> <p>This project is a great opportunity to work in global health with the support of international academics and collaborators.</p> <p>There will be the opportunity for student to travel to study sites for data management, stakeholder consultations and potentially supporting local policy makers in scaling up of these interventions.</p>
Skills we expect a student to develop/acquire whilst pursuing this project	<ul style="list-style-type: none"> • Interdisciplinary mixed-methods research • Behavioural science • Data science
Particular <u>prior</u> educational requirements for a student undertaking this project	Health psychology or data science (strongly preferred but not mandatory)
Project key words	<p>Diabetes self-management education</p> <p>Evaluation of complex interventions</p> <p>Behavioural interventions</p> <p>Data science</p> <p>Interdisciplinary research</p> <p>Global health</p>
Possible under 1+4 route? Master's options identified.	<p>Yes</p> <p>LSHTM – MSc Health Data Science</p>
MRC Core Skills developed through this project	<p>Quantitative skills</p> <p>Interdisciplinary skills</p>
MRC LID themes	<p>Translational and Implementation Research</p> <p>Health Data Science</p> <p>Global Health</p>
Further reading	<p>Process evaluation protocol of a cluster randomised trial for a scalable solution for delivery of Diabetes Self-Management Education in Thailand (DSME- T)</p> <p>Educational films for improving screening and self-management of gestational diabetes in India and Uganda (GUIDES): study protocol for a cluster-randomised controlled trial</p>