

Exploring psychosocial factors that contribute to adherence to a gluten-free diet (GFD) in individuals diagnosed with coeliac disease.

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Psychology Empirical Project (ECPS6001)

Agenda

- Background
- Aim, Rationale, and Research question
- Methodology
- Results and Discussion
- Limitations



Background

- Coeliac Disease (CD) - intentional gluten consumption 40% - Hall et al. (2013)
- Theory of Planned Behaviour (TPB)- Ajzen (1991)
Sainsbury and Mullan (2011)
- Health Belief Model - health promotion campaigns - Rajpoot et al. (2015)
- Cognitive Dissonance - inconsistencies between beliefs and actions
- Psychosocial factors - QoL - Barratt et al. (2011), psychological, social, and financial burden, others' perception - Trovato et al. (2020)

Aim, Rationale, and Research Question

- To explore the factors that influence adherence to a gluten-free diet
- To provide a deeper understanding of why someone would choose to adhere (or not) to GFD
- How low adherence rates could be improved, and what motivates people to follow a strict diet
- What are the psychosocial factors that contribute to adherence to a gluten-free diet in people diagnosed with coeliac disease?

Methodology

- Ethical approval from SERC - Psychology and counselling, UWTSD
- Design - non-experimental qualitative approach
- Participants - purposive sampling
- Materials - Modified questionnaire (Pedoto et al., 2020; Miaja et al., 2020; Sainsbury and Mullan, 2011)
- Procedure - pilot study, thematic analysis

Results and Discussion

Following a thematic analysis, four themes emerged:

1. Negative emotions linked to being coeliac
2. The safety of the home and the difficulties of out and about
3. Motivations to follow a GF diet
4. Others' perception of coeliac disease

Negative emotions linked to being coeliac

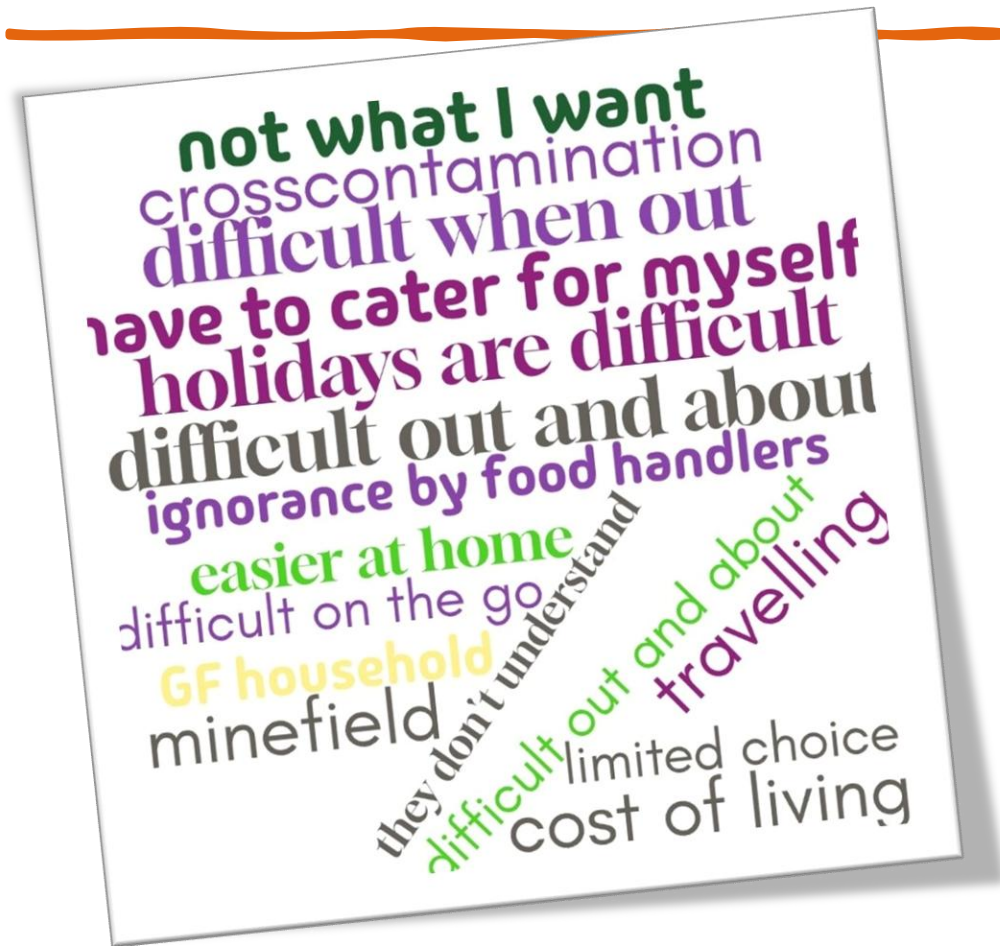
"... but I often find it is not what I want, is limited in choice and I feel I'm missing out. This sometimes gets me down."

- Limited choice - increased cognitive load
- Social situation - going out for a meal - "Like a burden if I'm completely honest"
- Explaining the condition to others - misconceptions
- Perceived difficulty in maintaining a GFD has a negative impact on QoL-Barratt et al. (2011)
- Anxiety and depression-Clappison et al. (2020)



The safety of home and the difficulties of out and about

"At home, Not difficult at all, when out its a minefield ." (Page 8 Line 25)



- Home - control
- Out and about - "...minefield ."
- Accidental gluten consumptions almost always happens away from home - Barratt et al. (2011)
- Adolescence - White et al. (2016) - social isolation
- Financial burden - Zysk et al. (2018)

Motivations to follow a GF diet

"I get extremely unwell almost immediately but have also had to nurse my mother to her death from liver failure as a direct result of not following a gluten free diet after being diagnosed as coeliac."

- Barberis et al. (2019) - self-driven and externally driven motivations
- Sainsbury and Mullan (2011) - more motivated by the benefits than by the drawbacks - adherence promoting
- Fear of being physically ill - silent coeliacs



Others' perception of Coeliac Disease

"I find my wider family and friends understanding is limited they sometimes make me feel I'm over exaggerating or that it isn't that serious..."



- Misconceptions - allergy or 'fad' diet
- Others' perceptions, beliefs, and social norms are crucial (TPB - lower perceived control)
- X (formally Twitter) posts - Trovato et al. (2020)
- Lack of knowledge and awareness - educational interventions needed - Rajpoot et al. (2015)

Limitations

- All participants but one were female - females score lower on QoL scales - Haller et al. (2002)
- All participants from the UK who use social media
- Questionnaire distribution - some participants had to be excluded
- All participants over 18 years old - research showed the need for further research among adolescents
- No actual GFD adherence recorded

Conclusion

- Limited research in the topic area made it challenging to find the relevant information
- Adherence is influenced by many factors - physical, psychological, social, financial.
- Further research on adolescents
- Adequate and appropriate answers to the questions; however, could try a different method for distribution.

Thank you!



Any questions?

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AI acknowledgement

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