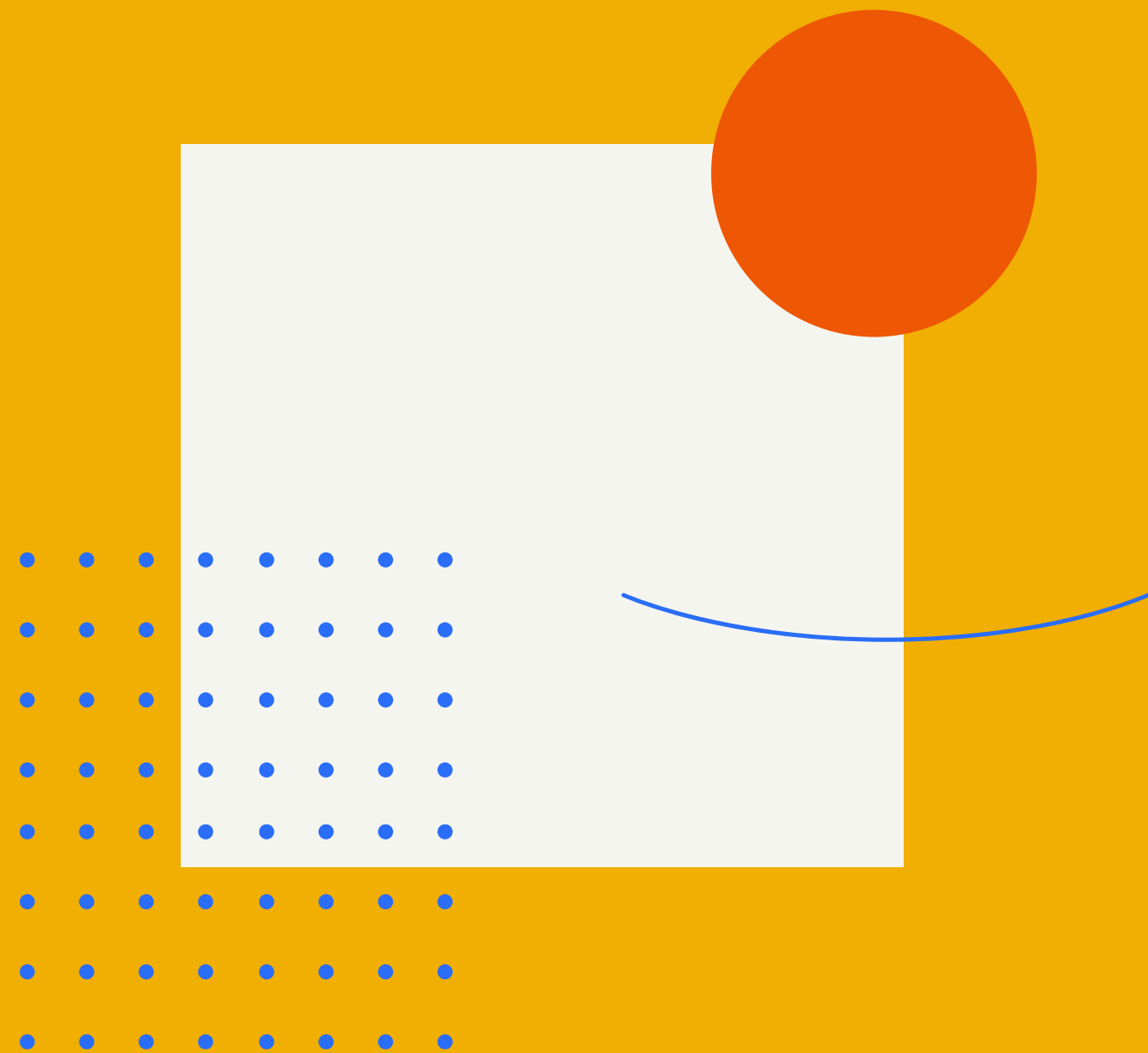




My (very tiring) Journey

Dr. Joseph Marcel-Davies

BA (Hons) MSc PhD PgcTAP FHEA CPsychol

JLDavies@cardiffmet.ac.uk

A little about me...



PhD Psychology

BPS chartered
psychologist
(academic)

Member of IAFMHS

HE fellow



Research background

Forensic Mental
Health

Physical health

Quality of service
provision



Lecturer in Applied
Psychology

Programme Director
BSc (Hons)
Psychology and
Criminology



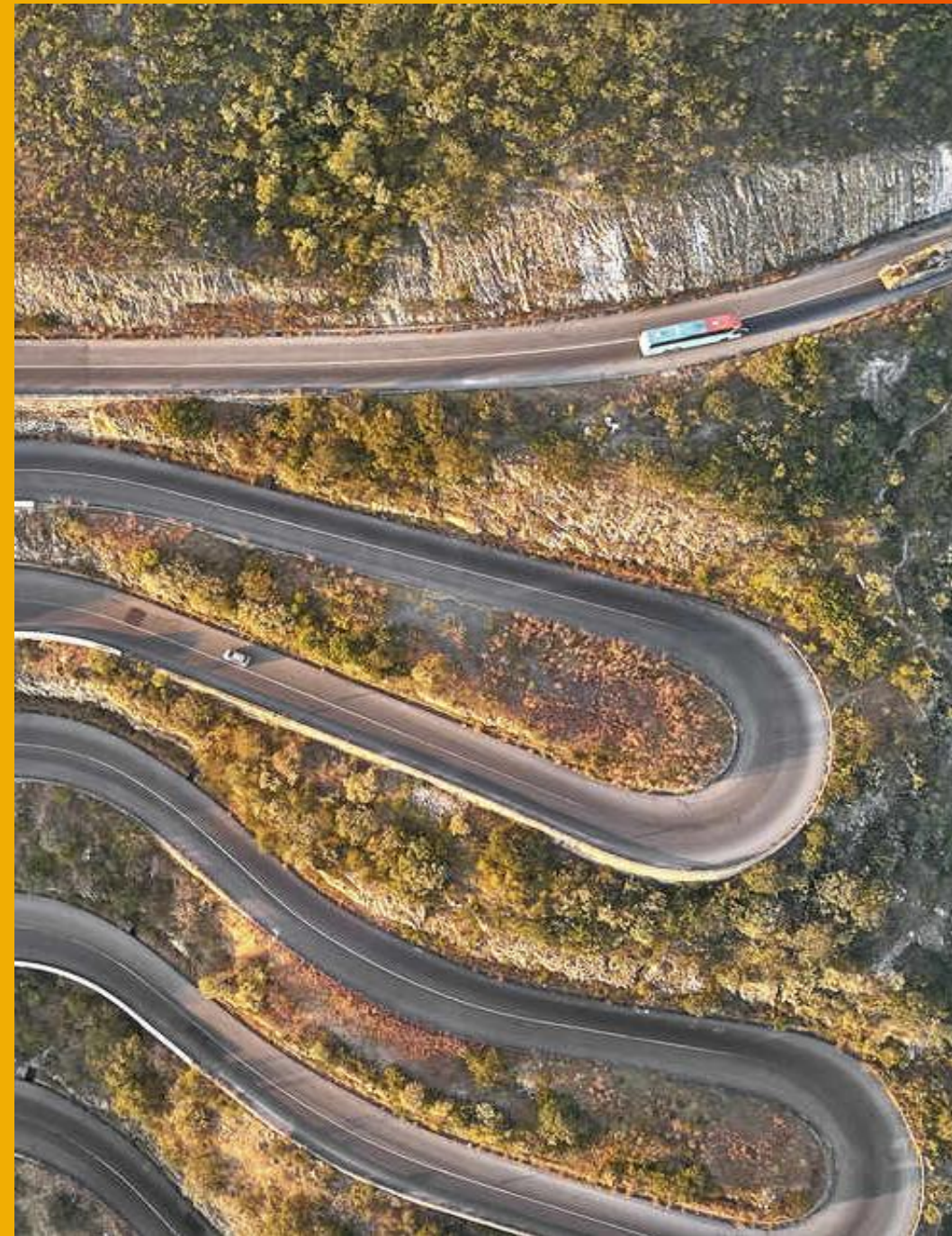
Neurodivergent –
ADHD, Dyslexia



UWTSD Alumni
(woohoo!)



But how did I get here?



- Everyone's path is different!!
- Goals and aspirations may change!!
- Undergraduate degree – BA(Hons) Psychology and Counselling Studies (UWTSD) – 2012-2016
- Postgraduate degree – MSc Health Psychology (Cardiff Met) – 2016-2017
- PhD – Obesity in Secure Psychiatric Inpatient Settings (Cardiff Met) – 2017-2022
- Volunteering, work experience, CPD etc

**Exploring Factors Implicated in Secure Psychiatric
Inpatient Weight Gain and Obesity**

Joseph Lloyd Davies

Submitted to Cardiff Metropolitan University in fulfilment of
the requirements for the Degree of Doctor of Philosophy

Cardiff Metropolitan University
December 2021

Exploring Factors Implicated in Secure Psychiatric Inpatient Weight Gain



- September 2017 – December 2021 (viva April 2022)
- KESS2 funded scholarship
- Clinical work as part of the studentship
- Forensic Mental Health Services (aka Secure Services)
- The problem...
- Three studies
 1. Pharmacological and clinical predictors of weight gain upon admission
 2. Cognitive and clinical psychological predictors of weight gain
 3. Staff views on poor physical health within secure services



Staff perspectives on obesity within a Welsh secure psychiatric inpatient setting

Joseph Lloyd Davies, Ruth Bagshaw, Andrew Watt, Paul Hewlett and Heidi Seage

Abstract

Purpose – This study aims to understand the perceived causes and consequences of weight gain within a secure psychiatric inpatient service in South Wales.

Design/methodology/approach – A purposive sample of 12 staff members were interviewed. These interviews were transcribed verbatim and analysed using thematic analysis.

Findings – Three themes were identified, these were increasing demand for integrated physical health care, unhealthy lifestyles and weight gain viewed as a symptom of poor mental health.

Originality/value – It is a unique insight into the factors that contribute to obesity in a Welsh secure unit and adds to current understanding of the challenges of improving weight management services within this sector.

Keywords Obesity, Staff perceptions, SMI, Secure psychiatric inpatient settings, Serious mental illness

Paper type Research paper

Joseph Lloyd Davies is based at the Department of Applied Psychology, Cardiff Metropolitan University, Cardiff, UK. Ruth Bagshaw is based at the Integrated Autism Service, Hywel Dda University Health Board, Carmarthen, UK. Andrew Watt, Paul Hewlett, and Heidi Seage are all

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Sage Journals

Research Article



Weight Gain is Not Associated with Antipsychotic Medication, Sociodemographic Factors, or Diagnosis in a Welsh Secure Mental Health Unit

Joseph Lloyd Davies^a, Andrew Watt^a, Ruth Bagshaw^b, Charlotte Hill^a, and Heidi Seage^a

Abstract

Many people treated in secure inpatient services have a serious mental illness and are obese. This study aimed to assess the predictive power of demographic, clinical and pharmacological factors on secure inpatient weight gain during the initial stages of treatment. Retrospective data pertaining to body weight, sex, diagnosis, and prescribed medication was collected for 209 secure psychiatric inpatients. Lower admission bodyweight and non-antipsychotic medication with a low risk of inducing weight gain were the only significant predictors of weight gain ($R^2 = .050$). Clinical implications of these findings are discussed.

Keywords

weight gain, forensic psychiatry, medication

^a Department of Applied Psychology, Cardiff Metropolitan University, Cardiff, Wales

^b Swansea Bay University Health Board, Bridgend, Wales

Corresponding author(s):

CONTACT Joseph Lloyd Davies JLDavies@cardiffmet.ac.uk josealajahose Department of Applied Psychology, Cardiff Metropolitan University, Cardiff, Wales

PhD – Challenges And Skills

Skills

- Research skills
- Critical thinking
- Writing skills
- Clinical skills (Assistant Psychologist)
- Teaching skills – Associate Tutor/Conferences
- Conferences and networking +++

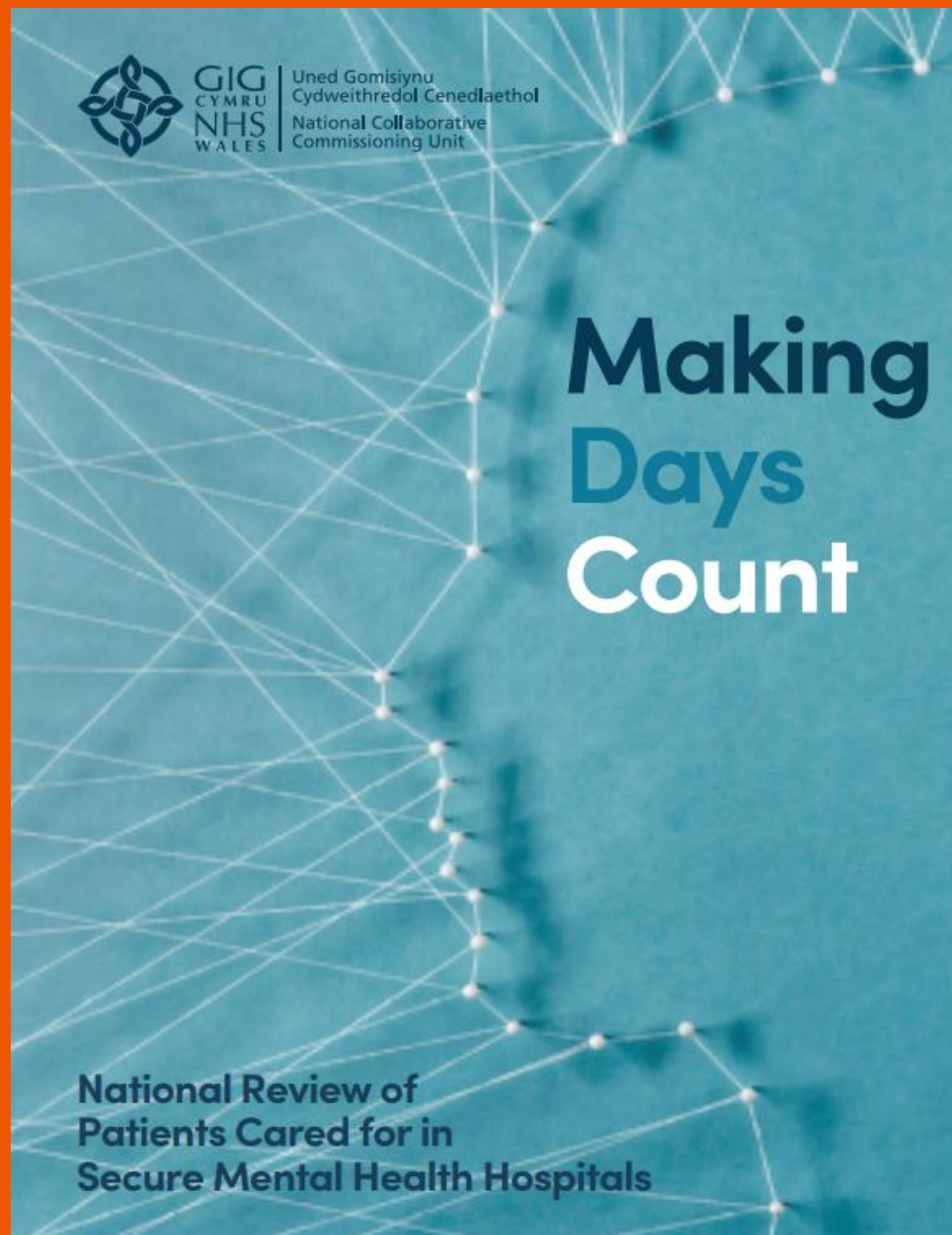
Challenges

- Accountability and freedom (undergrad and MSc too!)
- ADHD
- Work/life balance
- Financial pressures
- Logistical issues



Work XP – During the PhD

- Assistant Psychologist
- Medium and low secure services (NHS and private sector)
- Neurorehabilitation Unit (NPT)
- Clinical skills:
 - Use of professional judgement tools (i.e., risk assessments)
 - Structured therapeutic interventions
 - Formulation
 - Administration and scoring of symptom measures
 - Administration and scoring of neuropsychological assessments
 - Contribution to MDT
 - Policy and procedures
 - Improve patients' quality of life!



- Clinical Research (Mental Health)
- National Collaborative Commissioning Unit (NHS Wales/Welsh Government)
- Secure Services Review
- Mental health support in primary care
- Reviews of Rehabilitation Services and Electro-Convulsive Therapy in Wales
- Site visits, expert reference group chair, conferences etc etc...

...And now!



- Programme Director and Lecturer in Applied Psychology
- Moderator for Psych programmes at ICBT Sri Lanka
- Forensic pathways
- Research active in Forensic Mental Health
- Working with HMPPS, Elysium, NHS, RCPsych, PHW, impacting policy?



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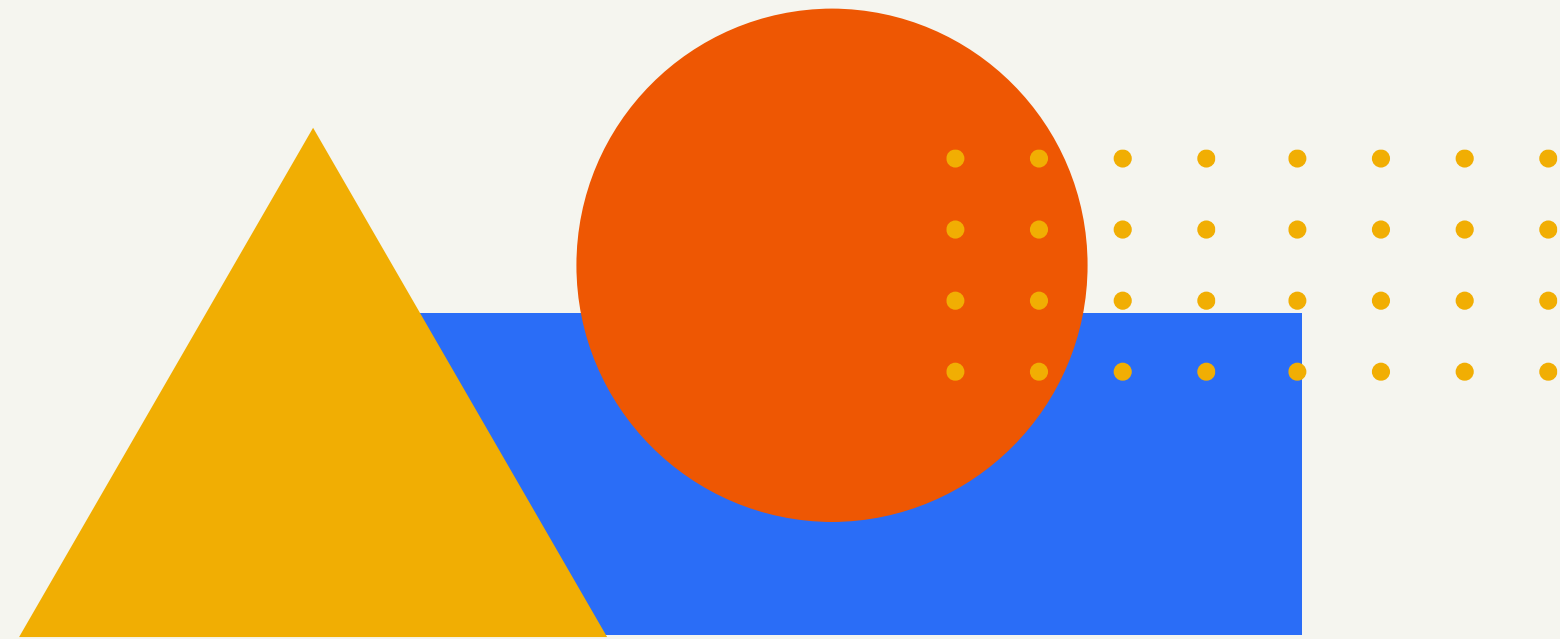
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Thank you

Any questions?