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## **Project Title: Motivational Interviewing through the medium of Welsh**

**Director of Studies:** Dr. Delyth H James

**Project Team:** Dr. Mirain Rhys  
Prof. Christine Bundy

### **Project Outline:**

This research sits within the field of healthcare and health psychology and is specifically concerned with supporting behaviour change through use of motivational interviewing in the medium of Welsh. The Ph.D. will be led by a team from Cardiff Metropolitan University and Cardiff University who are leading experts in MI training for healthcare practitioners and consultation skills through the medium of Welsh.

The Ph.D. aims to develop a new training programme for health professionals to develop Motivational Interviewing skills through the medium of Welsh.

Motivational interviewing (MI) is defined as a person-centred, directive method for enhancing intrinsic motivation to change, by exploring and resolving ambivalence. The process aims to help the person understand their thought processes and how they can lead to inappropriate behaviour, with view to changing thought processes to develop alternative, health-promoting, behaviours.

It has been suggested that bilingual speakers have a greater emotional arousal when discussing issues in their first language. The role of language has been identified as an important part the process of representation of emotions, which has been shown to act as a barrier for bilingual clients receiving therapy in their second language.

Engagement with the service user is key to the success of MI. Using the patient's first language goes a long way towards building a stronger patient-centred therapeutic relationship, which may affect the effectiveness of the intervention. In Wales, a number of different healthcare professionals currently receive MI skills training (e.g. dietitians, pharmacists, clinical psychologists, practice nurses), mainly after qualification.

This research will: determine Welsh-speaking practitioners', service users' and other stakeholders' perspectives on the use of MI through the medium of Welsh. These findings will inform the next

steps which are to translate, validate and evaluate a Welsh-language MI training programme for behaviour change consultations through the medium of Welsh.

Applicants must have a good first degree in a discipline such as psychology or healthcare related area. Ideally, applicants will also have a relevant Masters degree with experience in research methodology. **Good written and verbal Welsh language communication skills are essential as the data collection will be carried out in Welsh and the PhD thesis must be presented in Welsh.**

#### **Details of the scholarship**

This three-year PhD will commence 24<sup>th</sup> September 2018 (interviews 5<sup>th</sup> September 2018 – conducted in Welsh) or January 2019 at the latest.

- The award is for a three year PhD – fees and student stipend - to commence in 2018, funded by the Coleg Cymraeg Cenedlaethol and Cardiff Metropolitan University.
- The stipend for 2018/19 will be £14,777. For subsequent years, we will base the stipend on the national minimum set by the Research Councils.
- Fees are paid by the funders at the rate set by Cardiff Metropolitan for a “home” student ie UK/EU.

Applicants should send a CV and brief supporting statement (in Welsh) by **5pm on 25<sup>th</sup> August**

**2018** to [dhjames@cardiffmet.ac.uk](mailto:dhjames@cardiffmet.ac.uk).

Please contact Dr Delyth H James ([dhjames@cardiffmet.ac.uk](mailto:dhjames@cardiffmet.ac.uk)) or Daniel Tiplady ([dtiplady@cardiffmet.ac.uk](mailto:dtiplady@cardiffmet.ac.uk)) for further information.