

subspecialty choice. Responses were recorded and transcribed verbatim prior to thematic analysis, including triangulation via a co-coding process to check areas were not over-represented and/or subject to researcher thoughts and possible unconscious biases. **Result.** Semi-structured interviews included all North-East C&A trainees and 3 recently qualified Consultants.

Demographics results included 5 male and 6 female participants and 6 non-UK graduates. Emergent themes were analysed into key findings including:

- interest in children/specialty
- specialty experience
- supportive supervisors/team
- work-life balance
- opportunity to impact/intervene early.

Limitations include study of a single geographical area and possible researcher bias.

Conclusion. This Research provides novel findings re factors influencing career choice of C&A Psychiatry to inform future recruitment and retention. Clear themes have emerged re important recruitment/retention factors and the study highlights need for more research to investigate reasons why C&A is not chosen.

The feasibility and acceptability of a peer-support group for mental health in Filipino prisons

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Aims. To assess the feasibility and acceptability of implementing and facilitating a peer-support group for mental health in Filipino prisons.

Objectives. To identify the logistical issues faced in implementing and facilitating healthcare in Filipino Prisons

To explore attitudes of potential participants towards the implementation of a peer-support group for mental health in the prisons

To provide logical recommendations from my findings to inform future mental health support for prisoners in the Philippines

Method. Ethical approval was granted by the University of Leeds prior to data collection. In-country ethical approval was granted through my host Dr Rachael Pickering. Data collection occurred through observations and semi-structured interviews. Participants recruited included six secure-environment healthcare workers, eight prisoners and six ex-prisoners. Both prisoners and ex-prisoners were identified through gatekeepers and informed consent was gained. Interviews were transcribed before coding and themes identified.

Result. Feasibility: Bureaucracy and corruption were the main barriers to the potential successful implementation of a peer-support group, which were emergent themes. Space, time and staff were all themes identified that may help facilitate the group.

Attitudes: It was noted that there is a significant lack of knowledge surrounding what mental health is and its causes. Stigma and discriminatory actions were also noted by many participants as barrier to the group. However, seven prisoners and five ex-prisoners said they would join.

Conclusion. The findings highlighted many barriers but with persistence and local cultural competence this peer-support group could be feasible and be accepted in Filipino prisons. It will be reducing a high unmet need for mental health services in these prisons and if ran successfully with positive effects, will be an example for other prisons across the Philippines and other low-middle income countries.

Towards peak experience - exploring the influence of wilderness on conscious awareness

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Aims. This study examines what effect wilderness has on our conscious awareness, and by extension of that meta-cognition; our physical, mental and spiritual health. It reviews available scientific and artistic literature and integrates this with interviews in order to generate original grounded theory. It was found that intensity of wilderness experience varied proportionally with four mediators; Challenge, Immersion, Beauty and Time. With these maximised, experiences broadly within four themes occurred; Increased Awareness, Confidence, Perspective and Connectedness. When sufficiently intense, these four experiences amalgamated to elicit what Maslow described as 'Peak Experience'. As such, this thesis unexpectedly provides a pragmatic recipe towards peak experience, and a map of one's potential psychological journey, in the context of wilderness.

Exploring the influence of wilderness on conscious awareness

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Aims. This study examined what effect wilderness has on our conscious awareness, and by extension of that meta-cognition; our physical, mental and spiritual health.

Background.

Method. It reviews available scientific and artistic literature and integrates this with interviews in order to generate original grounded theory.

Result. It was found that intensity of wilderness experience varied proportionally with four mediators; Challenge, Immersion, Beauty and Time. With these maximised, experiences broadly within four themes occurred; Increased Awareness, Confidence, Perspective and Connectedness. When sufficiently intense, these four experiences amalgamated to elicit what Maslow described as 'Peak Experience'.

Conclusion. As such, this thesis unexpectedly provides a pragmatic recipe towards peak experience, and a map of one's potential psychological journey, in the context of wilderness.

Admission patterns in a psychiatric intensive care unit in Ireland: a longitudinal follow-up

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Aims. This observational study aims to describe the course of the admission and clinical characteristics of admissions to the PICUs in the Phoenix Care Centre, Dublin, Ireland. The authors hypothesised that the length of stay (LOS) would be shorter in male patients as compared to females.