



The Vice Chancellor's PhD Studentships

With Anglia Ruskin University, you can pursue your passion. Apply for one of our fully-funded PhD studentships, starting in September 2019 – and join a community of researchers committed to making a profound difference to the world around us.

The deadline for applications is **3 March 2019** and studentships start in September 2019.

Successful applicants will benefit from a **fee waiver and a stipend/bursary** at UK Research and Innovation (UKRI) level. As PhDs run for three years, your stipend will be uplifted in line with UKRI recommendations for each year of study.

Further details and entry requirements can be found here:

<https://www.anglia.ac.uk/research/postgraduate-research/phd-studentships>

Please note: the opportunities below are listed under 'Music therapy (two projects)' with the third listed under 'Sustainable health systems'.

Shortlisted applicants will be contacted in early April.

Interviews will be held between 23 April and 3 May. The actual interview dates can be found under each project description.

If you have any queries about the application process or the terms and conditions of our Vice Chancellor's PhD Studentships, please contact Becky Kraszewski on 01245 684920 or email vcphdstu@anglia.ac.uk.

To discuss a research project, please contact the supervisor(s) named in the relevant project description.

1. Designing and testing a musical instrument application with in-patients for hand rehabilitation following stroke

Studentship number: A13

Location: [Cambridge](#)

Supervisors: Professor Jörg Fachner and Dr Domenico Vicinanza

Informal enquiries: jorg.fachner@anglia.ac.uk

Interviews: Thursday 2 May 2019 in Cambridge

This PhD studentship will culminate in the production and clinical testing of a music-based touchscreen app for the rehabilitation of hand function following stroke.

In order to meet the current need for more effective, cost-efficient upper limb rehabilitation, and increase treatment dosage for patients, the researcher will review all relevant literature before employing a suitable methodology to work with stroke in-patients, their relatives and health professionals on key design points for the app. This will ensure optimum accessibility and functionality, potentially enabling patient self-delivery on stroke wards, with secure data collection and analysis.

The researcher will be in direct contact with adults on a ward who have had a stroke, their relatives, and health professionals who are delivering medical care and rehabilitation. Access to patients will be through Dr Alex Street, who designs, delivers and supervises



projects with stroke in-patients using technology in and around Cambridgeshire. This will allow for design consultation and, later, feasibility testing once the app is programmed with a sufficient number of exercises. Dr Street also works with external health technology organisations, who will be able to link in with the project. Full, regional ethical approval will be required prior to conducting this research.

This doctoral research would suit, but is not limited to:

- music therapy clinicians with experience and specialist knowledge in neurorehabilitation, and/or who are familiar with music apps and other technology
- software engineers and programmers who have an interest in, or experience of, digital health technology and music.

Please note that the University retains intellectual property rights to the research.

2. The impact of music therapy on the physiological and psychological stress of being a carer for a partner with dementia

Studentship number: A09

Location: [Cambridge](#)

Supervisors: Dr Matt Bristow, Dr Eimear Lee, Professor Helen Odell-Miller OBE

Informal enquiries: matt.bristow@anglia.ac.uk

Interviews: Monday 30 April 2019 in Cambridge

The incidence of dementia is increasing as our society ages. This has led to an increase in 'informal' caring, where partners provide the majority of the care for their loved one with dementia.

Previous research has linked informal caring with very high levels of psychological stress and substantially elevated stress biomarkers, such as the hormone cortisol, and disrupted cardiovascular responses to stress.

Our Cambridge Institute for Music Therapy Research has examined the use of an active music therapy programme for people with dementia and their caregivers. We have found benefits for individual carers, and evidence of improvements in caregiving techniques.

This PhD studentship will use biomarkers – such as measures of hair cortisol and heart rate variability as well as validated psychological measures – to examine the role of music therapy as a method for reducing the perceived stress of caring for a partner with dementia.

The successful candidate will be able to draw on the world-renowned music therapy expertise at our Cambridge Institute for Music Therapy Research. They will also collaborate with our School of Psychology and Sports Science – home to the internationally recognised ARU Biomarker laboratory, and experts in stress and physiological responses to stress. Applicants should have a good first degree in psychology or related science. Expertise in related methodologies (for example stress biomarkers and or music therapy) is advantageous but not essential.

Please note that the University retains intellectual property rights to the research.

3. A home-based spousal caregiver-delivered music intervention for people living with dementia: a randomised controlled trial



Anglia Ruskin
University

**Cambridge Institute for
Music Therapy Research**

Studentship number: A14

Location: [Cambridge](#)

Supervisors: Professor Helen Odell-Miller OBE

Informal enquiries: helen.odell-miller@anglia.ac.uk

Interviews: Wednesday 24 April 2019 in Cambridge

As a music therapy PhD student, you will join our internationally-known clinical research team. We work on a programme of projects in the fields of dementia, adult mental health, and child and family work.

You will be focused on the project HOMESIDE, involving family care givers and people with dementia dyads. The University of Melbourne is the lead partner, together with four other universities in the UK, Germany, Poland and Norway. You will work primarily for the UK arm of the study, which will test the effectiveness of a three-month home-based music programme and its capacity to reduce behavioural and psychological problems for people with dementia, using a primary outcome measure. Secondary outcomes will examine relationship quality between couples, depression, resilience, competence, and quality of life. Specifically, you will assist in data collection and musical training for participants, using music therapy techniques. Couples will be making music or reading together at home. You will visit participants' homes for training and support, and gather data through telephone calls. As well as this, you will develop and monitor written training manuals for the musical training of carers and their companions with dementia, and be involved in data analysis of videos and qualitative data from participants' diaries.

This is an excellent opportunity to gain experience in research ethics; work with an international multi-disciplinary team; present at dementia/carer conferences around the world; and present at academic conferences, including contributing to dissemination and publications.

Based in The Cambridge Institute for Music Therapy Research, which is housed in the state of the art Jerome Booth Music Therapy Centre, you'll work alongside professors, postdoctoral researchers and research assistants in music therapy and neuroscience. The MA Music Therapy course is based in the centre, so opportunities for teaching will also occur.

Please note that the University retains intellectual property rights to the research.