### Title
Digital cognitive behavioural therapy (CBT) for depression/anxiety and illness self-management in people with type 2 diabetes

### To start
June 2020

### Award(s)
Department of Psychology, Institute of Psychiatry, Psychology and Neuroscience internal PhD Award, 3-year fully funded PhD Studentship.

### Project
This is an innovative PhD opportunity working in the field of multimorbidity and digital therapeutics – specifically online cognitive-behavioural therapy for the management of depression and/or anxiety and improved illness self-management in the context of type 2 diabetes.

The student will join a team of supervisors who specialise in working at the interface between mental and physical health care and who are passionate about getting evidence-based CBT interventions into NHS practice to research the theoretical and empirical impact of this.

This exciting PhD provides an opportunity to join a thriving health psychology department who are developing a reputation in the development and implementation of digital therapeutics products. The overall aim of the project will focus on implementing and subsequently revising an online CBT intervention to support people with type 2 diabetes in managing their mood alongside managing the challenges that living with type 2 diabetes brings. There will be an opportunity to work within the heart of the NHS with the exciting development of integrated mental and physical health care pathways as part of Improving Access to Psychological Therapies (IAPT) services.

The successful candidate will be based at within the Health Psychology Section, at Guy’s Campus, London Bridge. The research supervisory team are based here along with several other PhD students conducting similar projects. This creates a supportive and collaborative PhD learning environment within a friendly team.

### Supervisors
Professor Rona Moss-Morris, Dr Joanna Hudson and Dr Ruth Hackett

### Entry requirements
Applicants should have a Bachelor’s degree in Psychology with a good 2:1 (or Overseas equivalent) and a MSc in Health Psychology (or equivalent).

### Award types and eligibility
The PhD is fully funded for three years. It includes Home/EU tuition fees (studentship not available to Overseas applicants) plus annual stipend (£17,009) and some research and travel costs.

### Further information
About the IoPPN (http://www.kcl.ac.uk/ioppn/about/index.aspx)

Studying at the IoPPN (http://www.kcl.ac.uk/ioppn/study/index.aspx)

COMPASS project: https://compass-ltc.org/

### How to apply
Applicants must complete and submit an online admissions application, via the admissions portal by midnight (23:59 GMT), **22nd March 2020**.

On the ‘Choosing a programme’ page, please select ‘Research degrees’ and enter the keyword **Psychology Research MPhil/PhD (Full-time)**.
3-year fully funded PhD Studentship in the Department of Psychology

In your application, you will be asked to include:

- Academic Transcripts – where applicable, academic transcripts must be submitted with the online admissions application
- Details of your qualifications (you will need to attach copies)
- Details of previous employment
- A personal statement describing your interests and why you wish to apply for this project. Please include this as an attachment rather than using the text box.
- Academic References – all admissions applications require one supporting reference. If the applicant is relying on his/her referee to submit their reference directly to the College after he/she has submitted his/her admissions application, then the applicant must ensure that their chosen referee is made aware of the funding deadline.

In the Funding section, please tick box 5 and include the following reference: **RMM-COMPASS-20**

Please note there is no need to complete the Research Proposal section in your application as this has already been submitted. We are happy to forward you a copy of the proposed PhD but do note that the successful applicant will have the opportunity for their own creative input into the project. You are welcome to email Dr Joanna Hudson (Joanna.Hudson@kcl.ac.uk) for more information regarding the project and studentship.

If you have any queries regarding the application process, please contact Olivia Rees, Postgraduate Research Administrative Assistant.

References must be received by the deadline for the applicant to be eligible. Only shortlisted applicants will be contacted.

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<tr>
<th>Closing Date</th>
<th>22nd March 2020 (23:59 GMT)</th>
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<td>Interviews</td>
<td>7th April 2020</td>
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