

Do you have coeliac disease?

Do you feel that you would like some support in learning to live well with coeliac disease?

Aim

We are running a new short course called *Living well with coeliac disease*. Living with coeliac disease and the gluten free diet can be very challenging. We have designed this course to support those diagnosed with coeliac disease and enable them to live well with the condition.

We are psychologists and researchers based at the University of Birmingham. The course will be based around psychological techniques that have been shown to support people in managing other chronic health conditions and making lasting lifestyle changes. Participants will also have the opportunity to meet other people living with coeliac disease.

Who can participate?

Any person aged 18 or over who:

- has received a medical diagnosis of coeliac disease (via blood test and gut biopsy)
- has been diagnosed with coeliac disease for one year or longer
- lives in the UK for the majority of the year
- can read and understand English
- willing and able to travel to Birmingham to attend all six sessions

What will the research involve?

The course will run weekly for six weeks. Two and a half hour sessions cover a range of topics relating to living with coeliac disease, and will be a mix of presentations, group discussions, and short exercises. The course is part of a PhD research project, and participants will be asked to complete questionnaires and other exercises which will be used as part of this research.

How do I get involved?

If you think you may be interested in joining the course, please contact the researcher below who will be happy to give you further information. Please note that by making contact and showing an interest you are not obliged to take part in the study.

Contact: Catharine Rose, Doctoral Researcher, School of Psychology

Email: clr611@student.bham.ac.uk or telephone 07807 580 512 (*please leave a voice message*)

We are: The Coeliac Psychology Research group: For more information about us go to

<https://www.coeliacpsychology.bham.ac.uk>

This is a study by the University of Birmingham and has been approved by the University of Birmingham Ethics Committee. The study is self funded by Catharine Rose who is carrying out this research as part of her PhD.