

PhD Opportunity

Exploring the Lived Experience of People with Coexisting Type 1 Diabetes and Chronic Kidney Disease (CKD)

Supervisory Team

Director of Studies: Professor Derek Kyte, Professor of Physiotherapy, School of Health & Wellbeing, University of Worcester.

Supervisors:

Dr Emma Richardson, School of Sport and Exercise Science, University of Worcester, UK.

Dr Emma Innes, Senior Lecturer, School of Nursing and Midwifery, University of Worcester, UK.

External Advisor: TBC - Chris Bright, Community Partnerships and Events Lead, Breakthrough T1D

Research Group: [Living with Long-Term Conditions Research Group](#)

The PhD Opportunity:

Type 1 diabetes (T1D) and chronic kidney disease (CKD) are two long-term conditions that often intersect, creating complex physical, psychological, and social challenges. Individuals managing both conditions face unique burdens, including intensive self-management, frequent healthcare interactions, and heightened risk of complications. Despite these challenges, there is limited research exploring how people experience living with both T1D and CKD, and how healthcare systems support (or fail to support) their needs.

This PhD will address this gap by generating rich, in-depth insights into the lived experience of individuals with coexisting T1D and CKD. The findings will inform recommendations for integrated care pathways and psychosocial support interventions, contributing to improved patient-centred care.

Aims & Objectives

The successful applicant will develop a programme of research to:

- Explore the lived experience of individuals managing both T1D and CKD.
- Identify psychosocial, behavioural, and systemic factors influencing self-management and wellbeing.
- Examine how healthcare services address (or fail to address) the intersection of these conditions.
- Generate evidence-based recommendations for integrated care and support strategies.



Research Questions

1. How do individuals perceive and navigate the challenges of living with both T1D and CKD?
2. What coping strategies and support systems are most valued by this population?
3. How do healthcare interactions shape experiences of care and self-management?
4. What are the unmet needs and priorities for improving quality of life in this group?

Indicative Methodology

Phase 1: Scoping Review

Conduct a systematic scoping review of existing literature on the psychosocial impact of coexisting T1D and CKD.

Phase 2: Qualitative Interviews

Use semi-structured interviews with adults living with both conditions. Recruitment will involve NHS renal and diabetes clinics and patient organisations (e.g., Breakthrough T1D). Interviews will explore identity, daily challenges, emotional and physical wellbeing, and healthcare experiences.

Phase 3: Co-development of Patient-Centred Guidelines

Findings from phase 1 and 2 will be used in collaborative workshops with patients, clinicians, and key stakeholders to co-develop patient-centred guidelines for integrated care and psychosocial support. These guidelines will aim to address the unique challenges faced by individuals living with both Type 1 diabetes and CKD, ensuring recommendations are practical, evidence-based, and aligned with patient priorities.

Expected Impact

- Advance understanding of multimorbidity experiences in long-term conditions.
- Inform integrated care pathways for T1D and CKD.
- Support development of patient-centred guidelines and psychosocial interventions.

Application Process:

To begin the application process please go to

<https://www.worc.ac.uk/research/research-degrees/applying-for-a-phd/>.

The Interview:

All successful applicants will be offered an interview with the proposed Supervisory Team. You will be contacted by a member of the Doctoral School Team to find a suitable date. Interviews can be conducted in person or over Microsoft Teams.

Funding your PhD:

For information about Doctoral Loans please visit: <https://www.worc.ac.uk/study/fees-and-finance/doctoral-loans.aspx>

During your PhD you can access the Research Conference Support Scheme to support the costs of presenting your research at an external conference.

Research at the University of Worcester

Research is central to the University's mission to make a difference in everything that we do. We are committed to delivering excellent research which extends the boundaries of human knowledge but which also improves people's lives by enabling better health outcomes, improving food security, developing environmentally sustainable solutions for crop production and socially sustainable solutions to our ageing population, enhancing public knowledge and understanding of the past and present.

The University hence focuses its research around five high-level challenges facing society, locally, nationally and globally:

- [**Human Health and Wellbeing**](#)
- [**Sustainable Futures**](#)
- [**Digital Innovation**](#)
- [**Culture, Identity and Social Exclusion**](#)
- [**Professional Education**](#)

The success of our research is reflected in our continuous improvement in external research assessment processes. In the most recent Research Excellence Framework, REF 2021, the University saw a near 50% increase in the scale of its research and 12% increase in quality, building on its performance in REF 2014 when it was the UK's most improved university in terms of Research Power, a combination of scale and quality.

Research Degrees at Worcester

Our research students are central to our overall mission for research. They are working at the cutting edge of their disciplines and driving forward the quality of our research whilst enriching our research culture. We are looking to increase our research student numbers as a strategic imperative.

Our commitment to our students is reflected in the results of the Postgraduate Research Experience Survey 2025 in which we ranked 3rd for overall research student satisfaction nationally. Key to our success in this area is the Doctoral School, a focal point for all our research students.

It provides:

- day-to-day support for our students, both administrative and practical, through our dedicated team
- a Research Student Study Space with both PCs and laptop docking station
- a comprehensive Researcher Development Programme for students and their supervisors
- a programme of student-led conferences and seminars

Widening Participation:

As part of its mission statement the University is committed to widening participation for its higher degrees. Although most candidates will have an undergraduate and/or a Masters degree, the University is happy to accept applications from candidates with relevant professional qualifications and work related experience.

For further information or an informal discussion on this project, please contact Prof Derek Kyte d.kyte@worc.ac.uk

